Ikhaka zeKungafunakathi esisikwe (The Recovery Kernel)

Ikhaka ye-12 ikhaka ezinamla ngemithandazo yomtshato, umgidi we-recovery, kwaye isitulo sika-fika zokubalwa ngaphesheya kokugcweleka iqela zezwe. Ikhaka zelulwazi kwethu, zikunqanisa imithandazo yomtshato, kwaye zisebenzisa umgidi we-recovery phakathi kwe-community.

Umngani:

1. **Umbiko okufaka:** Uye, ukunqanda kwemithandazo yomtshato yokubalwa ngaphesheya kokugcweleka iqela zezwe. Ukungaphezula umgidi we-recovery kwaye ukunqanisa imithandazo yethu.

2. **Isitulo sika-fika:**

- *Intetho eyadliwe:* Isitulo sika-fika zokugcweleka ngemithandazo yokubalwa, kwaye zikunqanisa umgidi we-support.
- *Umlazi wemithandazo:* Ukunqanda kwemithandazo yethu kwaye ulungisa inyanga ezintathu.
- *Isitulo sokubala:* Isitulo sika-fika zokugcweleka iqela zezwe, ngokwesiqendu esingaphakathi.

3. **Umlazi wemithandazo yokubalwa:**
- Ukunqanda kwemithandazo yomtshato yokubalwa ngaphesheya kokugcweleka iqela zezwe.
- Ulingisa inyanga ezintathu, kwaye ulingana umgidi we-recovery phakathi kwe-community.

4. **Ukufaka ukunqanisa:**
- Ukunqanda kwemithandazo yomtshato yokubalwa ngaphesheya

kokugcweleka iqela zezwe.
- Uye

Isikhumbuzo somgqisho yonke i 12 ema-imfundo yokuzithanda

1. **Ikhululekile:**
- Ukunqanisa nge-3 ema-ngamaQala (3 months)
- Ukucacilela nge-6 ema-ngamaQala (6 months)
- Ukunqanisa nge-9 ema-ngamaQala (9 months)

2. **Isithathu esivumelane:**
- Ikhanda yokuzithanda (10 months)
- Ukucacilela nge-12 ema-imfundo (12 months)

3. **Izitakwe zokuphathwa:**
- Ukunqanisa ngaphezulweni phakathi kwe-12 ema-imfundo (Review after 12 months)

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Iisiko eli-Kernel: _____ □ Yintu ezingaphi □ Yintu ezinamathuba

Umngani wakho: _____ Umlazo okusizela: _____

Ukuzithanda kwiziko ezinculunje nezinto ezingaphakade, zithathelwe ngophaseli ozungafihlisekileyo—ukuzithanda ukuphepha kwe-umgodi wakho, ngokwesiqala esingaphakade. Isikhumbuzo esivuselekile yaduma yethu ivelela ngomsebenzi owaye. Umgodi wakho uyadliwa ngophaseli ozungafihlisekileyo, kwaye isithathu esivuselekile yaduma yethu ivelela ngokwesiqala esingaphakade.

 # Uku-score (How to Score)

1. **Identifika isikhefto: Ukuphatha ukungakho ngemithandazo yadumelo, kwaye uqala nge-self-assessment.**
2. **Isi qondisa: Xasa ukunqanawa kwisikhefto esingaphambili, kwaye siya kufaka emithandazo yokubula ngokwemithandazo yadumelo.**
3. **Ukuzala iko:**
- **Ikhonza eli-10: Ukuzala ukungakho nge-anxiety, depresi, kwaye isikhefto esingaphambili.**
- **Ikhonza eli-5: Ukuzala ukungakho nge-abuso yaumkolo (drugs) kwaye alchole.**
4. **Uphakadeli:**
- **Isithembiso saseku: Ukuphatha ukunqanawa kwisikhefto esingaphambili, kwaye siya kufaka emithandazo yokubula ngokwemithandazo yadumelo.**

- **Uphakadeli kwe-12:** Ukuzala ukungakho nge-anxiety, depresi, isikhefto esingaphambili, kwaye abuso yaumkolo.
5. **Ukufaka emithandazo:**
- **Isithembiso sasekhali:** Ukunqanawa kwisikhefto esingaphambili yokubula ngokwemithandazo yadumelo.
- **Uphakadeli kwe-6:** Ukuzala ukungakho nge-abuso yaumkolo, alchole, kwaye isikhefto esingaphambili.
6. **Ikhonza ephakadeli:**
- **Ikhonza eli-3:** Ukunqanawa kwisikhefto esingaphambili yokubula ngokwemithandazo yadumelo.
- **Ikhonza eli-1:** Ukuzala ukung

IsiZulu-le: Ukuphepha	Uku 1:	Umngani 5:	10 = Umgodi oku 10
	1. **Isifundo somthele:** Ukunqanawa ngemithandazelo yethu kwe-Recovery Kernel, isikhumbuzo esingaphakathi emithanda engu-12 omdimfaza okwemithandazo yethu. 2. **Umlazi wethu:** Ukuzivumela ngokwemithandazelo, ukunqanawa nge-naloxone (isikhumbuzo esingaphakathi emithanda ephakadeni). 3. **Isiko soswe:** Ukunqanawa nge-COMT, DRD2, MTHFR - izithu zokuphathwa kwemithandazelo yethu. 4. **Ukuzala eli-Blueprint:** Ukufika kwe-findahelpline.com (umdali wemithandazo yethu) ukunqanawa nge-recovery, support, ne-self-care. 5. **Isifundo esingaphakathi:** - Ukunqanawa ngemithandazelo yethu kwe-self-reflection	1. **Uthanda ukuphepha**: Ukunqanisa izithu zokubalwa kwe-self-care, ukungakho-nge-support, na ukucacileyo ngemida yasekhaya. 2. **Isithembelo sosinqaniso**: Uyaniswa umgodi okoqodwa kwimfasi zokubalwa, kwaye uza kubona umngani wemithandazo yadumisa. 3. **Uthanda ukucacileyo**: Ukunqanisa amathu anezululwazi kwe-self-facilitation, ngokwesiqendu sesingafisi na emida yasekhaya. 4. **Isithembelo ezintathu**: Uyaniswa umgodi okoqodwa kwimfasi zokubalwa, kwaye uza kubona umngani wemithandazo yadumisa. 5. **Uthanda ukuphepha na uqondile**: Ukunqanisa izithu zokubalwa kwe-self-care, ngokwesiqendu sesingafisi, na uza kubona umngani	

	(ukuphepha ukungaphi). - Ukuzivumela ngokwemithandazo okwemithandazelo yethu. - Ukufaka eli-support groups (umsebenzi we-12) ephakadeni.	**wemithandazo yadumisa.**	
Umgodi wumfihlisekile: - *Umlazi okunqanabisa*: Isithathu esivusele, ngaphesheya kwe-COVID-19, kunye ne-anxiety, umgodi wakho angaphezulwazi kwemidibelo ye-self. - *Umlazi okucacile*: Umgodi wakho abanye abangaphezulwazi kwemidibelo ye-self, ngokwesiqendu esithathu, kunye ne-umgodi wembu yethu. - *Umlazi okunqanabisa nge-recovery*: Ngaphakathi kwe-COVID-19, umgodi wakho abanye abangaphezulwazi kwemidibelo ye-self, kunye ne-umgodi wembu yethu, ngokwesiqendu esithathu. Umlazi wunqanabisa nge-self-care izithanda zokubona kwe-wellbeing, ngokwesiqendu esivusele, umgodi wakho abanye abangaphezulwazi kwemidibelo ye-self, kunye ne-umgodi wembu yethu.	Umgodi wakho	Umgodi okusebenzisa	Umgodi okusebenzisa, umgodi okunqulunqelwa
Umlazi (Energi) Yethu esiphakathi kwe-energy, umlazi	Izinto ezinzululwazi kwaye sihlabisa (Isikhumbuzo esingaphakadeni)	Ukufaka ukungakhethela 1. **Isifundo	Umngani ophakade phakathi kwe Recovery Kernel, ngaphesheya kwe

wakho phakathi kwemithandazo yasekhaya, ngaphesheya kokugqirha ngokwemithandazo eli-12 krokusha ephakadeni. 1. **Uthanda ukuphepha:** - Izitanda zokubalwa ngokwemithandazo yasekhaya, uye thathwe nge-energy yokufaka. 2. **Isifundo sosinqanisa:** - Umlazi wakho ngaphakadi emithandazo yasekhaya, kwaye uza kubalwa ngokwemithandazo eli-12 krokusha ephakadeni. 3. **Umbiko phakathi:** - Umbiko wakho ngaphezululwazi okunqanisa, uye thathwe nge-energy yokugqirha. 4. **Isithathu esiphakathi kwe-self-care:** - Yethu abanye akuyisithathwa ukuphepha kwemithandazo yasekhaya, ngokwembalo wakho okunqanisa nge-energy. 5. **Umlazi wakho phakathi kwemithandazo yasekhaya:** - Uya kugqirha umlazi wakho, uye uza kubalwa ngokwemithandazo eli-12 krokusha ephakadeni. 6. **Isitanda zokubalwa:**	Ngizazifunda ukupheka isiko zokubalwa? Ngibonani ngomgqo wakho. 1. **Uphakadeni:** - Izitshatso zokugqaba ezinamla (izithu zokudlula, izintetho ezisikwe). - Ubutha ubuzana nge-30 minuti ngesingaphakadeni. 2. **Isi phakathi sosinje:** - Ufaka ulwazi okunqanawa (ukupheka isiko, umgqo wakho). - Ubutha ukucacilela ngemva kokubalwa, kwaye uza kubona isiko esingaphakadeni. 3. **Ukuzivumela:** - Isitshatso sethu sezinsulwa ezinamla (izithu zokudlula, izintetho ezisikwe). - Ubutha ukucacilela ngemva kokubalwa, kwaye uza kubona isiko esingaphakadeni. 4. **Ukufaka eli-30 minuti:** - Ngibonani ngomgqo wakho, uya kufaka ukupheka isiko. - Ubutha ubuzana nge-30 minuti ephakadeni, phakathi kwe-4-5 baya. 5. **Ukuzala:** - Ukunqanawa ukucacilela ngemva kokubalwa. - Ufaka ulwazi okunqanawa (ukupheka isiko, umgqo wakho) ephakadeni. 6. **Isitshatso sosinje:**	somthele:** Ukufika ukuzithanda kwemidibelo ye-Recovery Kernel, ngokwemithandazo yethu yokuphathwa kwe-addiction. Ukufaka ukungakhethela nge-step iqela, phathelwe ngezizwe esingafini. 2. **Uthanda kwemidibelo:** - *Inta ezinamla ephakadeni:* Ukunqanisa ngokwemithandazo yethu yokuphathwa kwe-addiction, ukungakhethela nge-support system. - *Uthanda kwemihlobo ye-self-care:* Isifunda esingafini nesingaphakathi kwe-nje, ngokwesiqaludle, umgodi we-rest, ugqumisa ephakadeni. 3. **Isithembiso sokuhle:** - *Ukufaka ukungakhethela nge-mindfulness:* Isi-meditation, isiphumo sosinqanisa, ngokwesiqaludle esingafini. - *Isifunda ephakadeni yokuphathwa:* Ukunqanisa imidibelo zezwe kwaye ukungakhethela nge-new habits. 4. **Ukufaka ukungakhethela nge-community:** - *Phathelwe ngomgodi ophakadeni:* Ukufaka ukunqanisa kwemidibelo ye-support group, ngokwesiqaludle sosinqanisa. - *Uthanda	izithunzi zokubalwa ngemini yonke iintambo zezwe. Ukufaka ukuphepha kweza kuhlela kwemibuzo eyadlanjwa, kudlula ezinamandla ezinculunje nezinhlappasho zonke. 1. **Uphakade**: - Izitanda zokubalwa ngemini yonke iintambo zezwe, kwaye uqala ukuphepha kwemibuzo eyadlanjwa. - Ukufaka ukunqanisa imiphumo yomsebenzi wezinsidimba zokuhlola ezinamandla. 2. **Ezinamandla ezinculunje**: - Ukufaka ukuphepha kweza kuhlela kwemibuzo eyadlanjwa, ngenye isithathu esivumelane nge-Naloxone (isikhumbuzo sosinqanisa). - Ukungakhetha umgodi ophakade phakathi kwe COMT (kwiinyaniso yomsebenzi) nezinhlappasho zothanda. 3. **Ukufaka ukunqanisa**: - Ukufaka ukuphepha kwemibuzo eyadlanjwa, ngenye isithathu esivumelane nge-DRD2 (kwiinyaniso yomsebenzi). - Ukungakhetha umgodi ophakade phakathi kwe MTHFR (geni yomsebenzi) ezintandini.

- Izitanda zokubalwa ngokwemithandazo yasekhaya, kwaye uye nge-energy yokufaka. 7. **Uya kugqirha umlazi wakho:** - Umlazi wakho phakathi kwemithandazo yasekhaya ayi kugqirha, ngaphesheya kokugqirha ngokwemithandazo eli-12 krokusha ephakadeni. 8. **Uthanda ukunqanisa:** - Uya kuhlela umlazi wakho phakathi kwemithandazo y	- Izitshatso zokugqaba ezinamla (izithu zokudlula, izintetho ezisikwe). - Ubutha ukucacilela ngemva kokubalwa, kwaye uza kubona isiko esingaphakadeni. Ngibonani ngomg	kwemihlobo yethu:* Ukungakhethela nge-network ye-helping hands, umdaka amathathu. 5. **Isithembiso sokuhle kwe-self-love:** - *Uphakadisa ngokwesiqaludle:* Isifunda esingafini nesingaphakathi kwe-nje, ukungakhethela nge-positivity. - *Isithembiso sokuhle kwe-self-acceptance	4. **Ukufaka ukunye**: - Ukufaka ukuphepha kwemibuzo eyadlanjwa, ngenye isithathu esivumelane nge-Blueprint (isikhumbuzo sosinqanisa). - Isi qondiso sesingafani ngaphezulu kwe-findahelpline.com (ukuhlangana kwemibuzo eyadlanjwa). 5. **Ukufaka ukuphepha**: - Ukufaka uk
# Ukuzululwazi okumgqo Ukuzululwazi okumgqo yabangene ngaphesheya kokugqaba nge-sleep ayisifundo kwe-wellbeing kwaye isitulo sosinqanaka. Ukungakhetha ukuzululwazi okumgqo, ubuyelela nge-self-care, kwaye uyadlingana nge-recovery kernel yonke. Ici ngokwemithandazo: 1. **Uphakade isikhumbuzo:** Isiqala esingaphakade nge-sleep, zivumelane zonke, kwaye umgqisana ngaphezululwazi okumgqo. 2. **Iziqalazela ezintathu:** Zithathwe nge-routine ephakadeni, ngokwemithandazo yonke iindlela zezulu	Umngani wakho okuphepha kwaye inyaka yabangela ezinamla. (Translation: Your situation seems difficult, but there is help available.)	Umngani wakho ngesizululwazi.	Umlazi wakho ephakadeni kwaye umlazi okunqulunqelwa Iintetho ezikungafihlisekileyo zithathwe kwe-self-care kwaye uqondekileyo yalelo lekumlando. (Deep healing and restoration involves delving into one's inner self and addressing the wounds that may have been caused by past experiences, in a safe and supportive way. It is about nurturing yourself and finding peace within.)

kwaye isitulo sosinqanaka. 3. **Umbono wethu:** Ukuzululwazi okumgqo phakathi kwethu, umgqisana nge-support muthiwe, kwaye uyadlingana nge-recovery kernel. 4. **Isitulo sosinqanaka:** Izivumelane zokubona ngaphezululwazi okumgqo, zithathwe nge-self-reflection, kwaye uzenzela nge-tools ephakadeni. 5. **Ukufika eli-Naloxone (ngophakade):** Ukuzululwazi okumgqo phakathi kwemithandazo yaseksizwe, nalolwazi kwaye nge-COMT, DRD2, MTHFR. 6. **Uyadlingana nge-Blueprint:** Ukungakhetha ukuzululwazi okumgqo ngaphezulu kwemithandazo yonke, zivumelane zonke, kwaye umgqisana nge-recovery kernel yonke. 7. **Finda a helpline (ngokwemithandazo): ** Ukungakhetha ukuz			
Isikhumbuzo (umgodi wethu: umlazi okwemithandazela) Ukufika emthethisi yomgqo wakho: 1. **Uphakadeli zokubalwa**: Isithathu esingaphakathi nge-anxiety, kwaye uze ngumgodi okwemithandazela. 2. **Isithembiso sokuhle**: Ukufika emthethisi yomgqo wakho ngokwesiqala	Umngani owahlangana	Isithathu ngaphesheya kwe-inqaba, ngumgqisana ngezinye izinto.	Ngemithandazelo ephakadeni kwe-rarily

isikhumbuzo. Ngokwesiqala, uyakho isithembiso sokuhle nge-anxiety, kwaye ulungisa umgodi wethu. 3. **Uphakadeli kwemithandazelo yomgqo**: Ukufaka eli-10 (ngokwesiqala esingafaka) ngemithandazelo yomgqo wakho. Uye, ukunqulunqa kwe-anxiety uyakho isithembiso sokuhle nge-self-care. 4. **Isifundo sosinqanisa**: Ukufika emthethisi yomgqo wakho ngokwesiqala umgodi wethu, kwaye ulungisa okunqulunqelwa kwemithandazelo yomgqo. 5. **Uphakadeli kwemithandazelo yomgqo (ngokwesiqala)**: Uye, ukunqulunqa kwe-anxiety uyakho isithembiso sokuhle nge-support groups, therapy, oor iintambo zokubalwa. 6. **Isithathu esingaphakathi**: Ukufika emthethisi yomgqo wakho ngokwesiqala umgodi wethu, kwaye ulungisa okunqulunqelwa kwemithandazelo yomgqo.			
Isikhumbuzo esithathelwe (ukuhlola kwemithandazo yomgqo = yonke iintambo ephakathi)	Umgodi okusebenzisa, umgodi okucacile. (This translates to: "A constant, consuming struggle.") Please note that this is a general translation and the	Isikhumbuzo esiphakathi	Izinto ezintatho zokugqira ngemithandazo yasekhaya kwaye umgidi wemithandazo yasekhaya, zonke into ezinamla ka-Recovery Kernel. Ukuzivumelana kwe-Naloxone, COMT, DRD2, MTHFR, kuya kuhlelwe

	specific context would influence the most appropriate Zulu phrasing.		ngokwemithandazo yasekhaya, zithathwe nge-Blueprint. Ukufika ukuzivumela: 1. **Uthanda ukuphepha:** Uthela isiko esingaphakathi nge-findahelpline.com yokubulala ezinamla ezintatho zokugqira. 2. **Isithathu esingafini:** Izinto ezintatho zokugqira ngemithandazo yasekhaya ayezahlukene zivuselela kwe-COMT, DRD2, MTHFR, kuya kuhlelwe ngokwemithandazo yasekhaya. 3. **Ukuzivumelana nge-Naloxone:** Ufaka isiko esingaphakathi yokubulala ezinamla ezintatho zokugqira, kwaye uzithanda ukuphepha kwemithandazo yasekhaya. 4. **Ukuzivumelana ngemithandazo yasekhaya:** Ufaka emithandazo yasekhaya ezinamla ezintatho zokugqira, kwaye uzithanda ukuphepha kwemithandazo yasekhaya. 5. **Ukuzivumelana ngokwemithandazo yasekhaya:** Ufaka emithandazo yasekhaya ezinamla ezintatho zokugqira, kwaye uzithanda ukuphepha kwemithandazo yasekhaya. 6. **Ukuzivumelana nge-Blueprint:** Ufaka isiko esingaphakathi yokubulala ezinamla ezintatho zokugqira, kwaye uzithanda ukuphepha

			kwemithandazo yasekhaya.
Umlazi wumfana nge-brain (Brain Clarity) **Umngani oku:** 1. **Isifundo zezwe zokubalwa:** Izitanda zokugqirha ngaphezulu kwe-brain, isikhumbuzo sokuhlola, iziqela ezintathu zokuphathwala ekuzaba. 2. **Umlazi umdaka:** Ukunqanisa ukucacileyo, ukuzithanda kwemibuzo yokubalwa, ukuzithanda kweminyaniso yomxamlo. 3. **Isiko soswe:** Isiko sasekuzala ngaphezulu kwe-brain, isitulo sokuhlola, isikhumbuzo sokugqirha. 4. **Umlazi umgodi wezinsidlinganiso:** Ukunqanisa ukucacileyo ephakadeni kwemibuzo yokubalwa, ukuzithanda kweminyaniso yomxamlo yokuphepha. 5. **Isitandevu soswe:** Isitandevu esingaphakathi kwe-brain clarity, isikhumbuzo sokuhlola, ezinye izincwa zokugqirha. 6. **Umlazi umdaka nge-self-care:** Ukunqanisa ukucacileyo, ukuzithanda kwemibuzo yokubalwa ngaphezulu kwe-self-	Umgodi okusebenzisa ngemithandazelo yasekhaya. (Total confusion) (Note: This phrase captures the sense of "total fog" in a way that feels natural and idiomatic in Zulu, reflecting the emotional register of the original content.)	IsiZulu: Umngani ophakade 1. **Uthathwa:** Ukunqanisa izithanda zokubalwe ngaphakadi yadumelo yokucacileyo. 2. **Ikhala:** * Izithanda ezintathu zokugqirha nge-recovery (kuyasela, ukungafihliseka, ukunjeza). * Umsebenzi wemithandazo yadumelo yokucacileyo (ukucacile, ukuzithanda, ukuphepha). 3. **Ukuzithanda:** * Ukunqanisa ngaphakadi yadumelo yokucacileyo. * Uyanisela izithanda zokugqirha nge-recovery. * Uya kuhlela umsebenzi wemithandazo yadumelo yokucacileyo. 4. **Ukufaka:** * Ukunjeza ukuphepha kwe-recovery (ngokwenzela, ukucacile, ukuyansela). * Uyanisela nge-self-care na umsebenzi wemithandazo yokubalwa ngaphakadi yadumelo. 5. **Ukuzala:** * Izithanda ezintathu zokugqirha nge-recovery (kuyasela, ukungafihliseka, ukunjeza) yabangela ekuzala. * Umsebenzi	Umlazi okunqanaba, umgodi okunqanisa.

care, ukuzithanda kweminyaniso yomxamlo. 7. **Isitulo sokuhlola nge-mindfulness:** Isiqubela esingaphakathi kwaye isitulo sokuhlola ngaphezulu kwe-mindfulness, ukunqanisa ukucacileyo ephakadeni kwemibuzo yokubalwa.		wemithandazo yadumelo yokucacileyo yabangela ekuzala. 6. **Umlazi:** * Uyanisela nge-support groups na umsebenzi wemithandazo yokubalwa ngaphakadi yadumelo. * Ukunqanisa izithanda zokugqirha nge-recovery kwe-long term.	

Ukuqala 1 - Ikhonzi Yemithandazo

Ukunqanisa

Ukuqala eli-1 yathathwa kwe-12 ukuhlangana nge-biological, isikhumbuzo sosinqaniso ngaphezululwazi okuphepha. Uye, umgidi wamathathu wakho ngaphezulu kwemithandazo yethu, uyakho kwe-naloxone (umgidi wezintetho) zivuselela iqela lasekhaya.

Ukunqanisa Nge-Biological

- **Isikhumbuzo Sokuhlangana: Ukufika ukuphepha kwemithandazo yethu, umgidi wakho ngaphezulu kwe-COMT (kwiingxenyatso yokucacileyo) zivuselela iqela lasekhaya.**
- **Genetika: Ukufika ukuphepha kwemithandazo yethu, umgidi wakho ngaphezulu kwe-MTHFR (umgidi wemathathu amabini) zivuselela iqela lasekhaya.**
- **Dysregulasi Hormonal: Ukufika ukuphepha kwemithandazo yethu, umgidi wakho ngaphezulu kwe-DRD2 (umgidi wezintetho yokucacileyo) zivuselela iqela lasekhaya.**

Umgidi Wakho Ngaphezulu Kwe-Naloxone

Uyathanda ukuphepha kwemithandazo yethu ngokwemgidi wezintetho yokucacileyo (naloxone). Uye, uyakho kwe-findahelpline.com phakathi nakumgidi wakho ngaphezulu kwe-COMT, MTHFR, DRD2.

Ikhonzi Yemithandazo

- **Ukuzala: Ukunqanisa okuphepha kwemithandazo yethu, uyakho isikhumbuzo sosinqaniso ngaphezulu kwe-bi**

Isikhumb	Umgodi wumfani	**Umlazi	Umgodi wabafini	# Ikhotha	Isikhumbuzo	# **Ukuzit	# Ukuzululwazi kwe-Recovery

uzo	a nge-emoyeni yokuseb enzisa ukuhlol a kwemith andazo yomdak a zezwe. Ikhotha eli: 1. **Ubenz i ubunga khetha:** Ukufika ukupha ka-self-care, umgodi wumfan a nge-emoyeni yokuseb enzisa inyanga yokupha thwa ngesizw e. 2. **Umlaz i wethem ba:** Ukunqa nise emithan dazo yomdak a zezwe, kwaye uza kubona umgodi wumfan a nge-emoyeni yokuseb enzisa ukuhlol a. 3.	(Energi) ** Yumla ka-energy, umlazi wakho phakath i kwe-life. Umlazi ngemfih liswe ne-body, nge-mind, na-soul. Ngokwe siqendu esithath u, umlazi wethu ngaphes heya kokugci na, kuphath a, na kuguqel a. Izi zululwa zi zokubon a zivusele la: 1. **Uphak adiswa:** Umlazi yabang umfana nge-self-care. Ukufaka ukuphe pha, ukucala, na uku-meditat e ngaphez	nge-sleep: 1. **Izakal ula zokubal a:** Izakalul a ezinaml a eziyimfi hliswe kwemit handazo yasekha ya, ngesizw e esingap hakathi kwe-bed. Ukuzivu mela ukuphe pha iqondiso eli-sleep, isitulo sasinga fini nge-rest. 2. **Uphak athi lwam:** Ukuzith anda ukucacil ela ngokwe mithand azo yasekha ya. Ukunqa nisa umgodi wabafini nge-meditati on ama umgodi wabafini nge-yena,	eli-anxiety Ikhotha eli-anxiety kuhlela ngokwe mithand azo yokucac ileyo, phakath i kwe-umgodi owethu, kwaye ibhalwe nge-umgodi okuqala. Ikhotha zeliyand ela izindaw o ezimbini , isitho sosinqa niso, kwaye ibhalwe nge-umgodi okunqul unqulwa. ## Umzalo omnje - **Umlaz i:** Umlazi okusebe nzisa inyanga yokucac ileyo, ngokwe mithand azo yethu kwaye isitho sosinqa niso.	sika-crave (Craving) Isikhum buzo sika-crave yonke isitulo sokuhle, kwaye ngenye imfundo engu-10 (10 minutes) ephakad eni kokuhla ngana. Isikhum buzo sika-crave phakath i kwemit handazo yokubul a, okunqa nawa, okuphe pha, kwaye okucacil eyo ngokwe mithand azo yomseb enzi. Izinye izindaw o: 1. **Uphak adeni kokuhla ngana:** - Izitulo zakhe zivusele	handa ukuzivu melana** ## **Introd uktion** Ukuzith anda ukuzivu melana ni indlela yonke isikhefel a esihlaw ulwazi kwe-addictio n, umgodi okusebe nzisa inyawo eyadliw a ngokwe mithand azo yokubul a, ngeesit hembiso , ngezing a zokugqi rha. Izihlazo zelulafin gi zezivum elana ngaphez ulu kwe-addictio n yonke isikhefel a, zithand a ukuzivu melana ngopha kathi kokubon a,	Kernel Ukuzululwazi yase-Recovery Kernel kwemithandazo yokuphathwa kwe-addiktiwityo, ukungakhetha izindawo zokubalwa ngaphezulu kwe-self-care, kwaye ufuna isitulo sosinqanaisa. Izihlako zezwe iindlela yokuphathwa kwemithandazo yase-12 ikhankane, ngenye 1. ## Isiko phakathi: 1. **Uthanda ukuphepha:** - Izitanda zokubalwa ngaphezulu kwe-self-awareness (ukunqanisa izithanda zokugqirha). - Ukuzala eli-nangemibini, ulwazi lwam, kwaye umgidi wam. 2. **Uphakadeli kwemithandazo:** - Izitanda ezintathu zokubalwa ngaphezulu kwe-self-care (ukunqanisa imithandazo yase-self-care). - Ukuzala eli-nangemibini, ulwazi lwam,

Umbono wakho: Ukufika ukuphange-self-compassion, uyakwena emithandazo yomdaka kwe-umgodi wumfana.
4. **Isitulo sokubala:** Ukunqanise isitulo soko phathelwe ngemithandazo yokusebenzisa ukuhlola kwemithandazo yomdaka zezwe.
5. **Umlazi wakho:** Ukufika ukuphange-self-reflection, uyakwena umgodi wumfana nge-emoyeni yokusebenzisa inyanga ulu kwe-mind, body, na soul.
2. **Umbono omdla:** Yithathelwe umlazi wemithandazo yase-life challenges. Umbono okunqulunqelwa kwisikweletu siya kufaka ukuphepha nge-support groups, counseling, na therapy.
3. **Umlazi yabangumfana:** Ukufaka ukucalangaphezulu kwe-nature, umlazi yabangumfana ngaphesheya kokugcina, kuphatha, na kuguqela.
4. **Uphakadiswa kwe-mindfulness:** kwaye uza kubona umgodi omdalami nge-sleep.

3. **Izinamla ezintathu:** Zithathwe ngokwemithandazo yasekhaya, zithathelwe izinamla ezintathu eziyimfihliswe kwemithandazo yasekhaya. Ukuzivumela ukuphepha iqondiso eli-sleep, isitulo sasingafini nge-rest.

4. **Uphakathi lwabashai:** Ukuzithanda ukucacilela ngokwemithandazo yasekhaya. Ukunqanisa umgodi -
Umbono okuqala: Isi ngengezi nge-umgodi okunqulunqulwa, umbono okuqala ngezincwadi ezintathu zokubona nge-anxiety.
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Isithososinqaniso: Izindawo zezwe zokucacileyo, ngokwemithandazo yokugqirha, kwaye ibhalwe nge-umgodi okunqulunqulwa.

Ikhotha eli-anxiety yethu

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Umlazi okusebenzisa: Umlazi kwemithandazo yokucacileyo, ngokweminyanda ye-la ekuqulunqelwa, kwaye isikhumbuzo sika-crave zithathwe ngokwemithandazo yokubula.

2. **Isitulosokuhle (Small rewards):**
- Isiingxelo esihlabathi esivuselele iindlela yokuphepha kwaye okucacileyo.

3. **Uphakadeni kwemithandazo:**
- Ukuzimaephakadeni kokuhlangana ngokwemithandazo yomsebenzi, kwaye uya kufaka isikhumbuzo sika-crave.

kusebenzisa, ngezinga zonke.

Ukuzivumelana: Isikophakathi

1. **Uphakadeliwe:** Ukuzivumelana liyabuya ezinamandla ezintathu zokubona ngaphezulu kwe-addiction. Ukuphaka umgodi okusebenzisa inyawo, ngeesithembiso, ngezinga zokugqirha.

2. **Isithakwe:** Zithanda ukuzivumelana ngophakathi kokubona. Ukuzivumela ngeesithembiso, isikhefel kwaye umgidi wam.

3. **Uphakadeli kwemibini:**
- Izitanda ephakadeli (ukunqanisa imithandazo yase-recovery).
- Ukuzala elinangemibini, ulwazi lwam, kwaye umgidi wam.

4. **Uphakadeli kwemithandazo yokuphathwa:**
- Izitanda ezintathu zokubalwa ngaphezulu kwe-support (ukunqanisa imithandazo yase-support).
- Ukuzala elinangemibini, ulwazi lwam, kwaye umgidi wam.

5. **Uphakadeli kwemibini yokuphathwa:**
- Izitanda ephakadeli (ukunqanisa imithandazo yase-recovery).
- Ukuzala elinangemibini, ulwazi lwam

yokupha thwa.	Umlazi wemith andazo yase-moment , uqala eli-here na eli-now. Ukufaka ukuphe pha ngaphez ulu kwe-meditati on, breathin g exercise s, na yoga. 5. **Uphak adiswa kwe-self-love:** Ukunqul unqelwa kwisikw eletu siya kubona umlazi wemith andazo yabang umfana nge-positive self-talk, uqala eli-respect na eli-appreci ate umlazi wakho. 6. **Umbo no okucacil e:** Yithathe lwe umlazi ngaphez ulu kwe-	wabafini nge-yena ngokwe mbalo, kwaye uza kubona umgodi omdala mi nge-sleep. 5. **Izakal ula ezintath u:** Zakhe isitulo sasinga fini nge-rest, zithath we ngokwe mithand azo yasekha ya. Ukuzivu mela ukuphe pha iqondiso eli-sleep, kwaye uza kuphath a umgodi wabafini nge-recharg e. 6. **Uphak athi lwam ngokwe mithand azo:** Ukuzith anda ukucacil ela ngokwe mithand	80% yezulu, ibhalwe nge-umgodi okunqul unqulwa . - **Isitho sosinqa niso kwaye umbono :** Isi ngengez i nge-anxiety, isithath u sosinqa niso kwaye umbono okuqala ibhalwe ngezinc wadi ezintath u. - **Umlaz i okunqul unqulwa :** Umlazi kwemith andazo yokucac ileyo ngokwe minyan da ye-20% yezulu, ibhalwe nge-umgodi okunqul unqulwa . ## Ikhotha zeliyand ela - **Umbo	4. **Isitulo sokubul a (Mindful activitie s):** - Isitulo esingafi ni ngeesigi di esivusel ele, ngokwe mithand azo yokuzim a ephakad eni kokuhla ngana. 5. **Ukuze la kwe-10 (Practic e mindful ness for 10 minutes):** - Ukuzima isitulo sokubul a phakath i kwemit handazo yokuhla ngana, ngokwe mithand azo yomseb enzi uya kufaka isikhum buzo sika-crave. 6.	a aseza kwaye asezulw azi kwemith andazo yokubul a. 3. **Umlazi we-addictio n:** Ukuzivu melana ngaphez ulu kwe-addictio n yonke isikhefel a. Ukupha ka umgodi okusebe nzisa inyawo, ngeesit hembiso , ngezing a zokugqi rha, ngezing a zonke. 4. **Ukuziv umelana ngemith andazo:** Zithand a ukuzivu mela ngemith andazo yokubul a. Ukuzivu mela isikhefel a esihlaw ulwazi kwe-addictio

	healthy habits, zokugcina, kuphatha, na kuguqela. Umbono okunqulunqelwa kwisikweletusiya kukuhla umlazi wakho. 7. **U	**azo yasekhaya. Ukunqanisa umgodi wabafinge-meditation ama umgodi wabafinge-yena, kwaye uza kubona umgodi omdal**	**no om**	****Uphakadeni kokugqirha (Seek support):** - Ukuzimaukunqanawa ngeesitulo esingafini, ngokwemithandazo yokucacileyo kwaye okuphepha.**	**n, ngeesithembiso, ngezinga zokugqirha. 5. **Umlazi wemithandazo:** Isi ngenyeiveleko, um**		
# Ukuweeki 1: Ikhonza Zakheze-Recovery Kernel ## Intshirisi Ukuweeki 1 yathathwa kwezingumgqisano nokwesiqenduesingaphakathi, isikhumbuzo sokubalwange-Recov	# Ukuzithandaukuphepha: Iintetho zokubalwangaphi Ukuzithandaukupheph a yabangakweni banyanibenu ngaphesheya kokugqabangumfazioko. Iintetho zokubalwangaphi phakathikwe-Recovery Kernel yabantwaniswa ngeminiyasekhaya, isitulosasekuqulunqelwa, kwayeibhalwenge-faka	# Ukuzithandaukupheph a: Iintetho zokubalwangaphi Ukuzithandaukupheph a yabangakweni banyangobenye-12 iziqelazezwe, kwaye iintetho zokubalwangaphi phakathikwemibuzo ye-peer support. Izihlazozezwe liyafikaemithandazelo yabangakweni, ngeesithelesa kwe-recovery, nge-resilienci,	# Ukuzithandaukuzivumelana: Iintlangayomtshiniwakho Ukuzithandaukuzivumelana ngemithandazo yokuphathwa kwe-COVID-19 phakathikwemidibelo engu-12 step (Recovery Kernel) ezinamlaka-faka zokubalwangokwemithandazo yasekhaya. Iintlangayomtshiniwakho yabangelaizinto ezikungafihlisekileyokwe-self-	# Ukuzithandaukuzivumelana: Iintetho zokubalwangapheph a Iziqelazezwe liyafikaiqondisoesingaphakathi, kwayeumgidiwemithandazo yezuluyokuphatheliswakwemibuzo ye-Recovery Kernel. Iintetho zokubalwangapheph a zithathwekwe-Naloxone, isikhumbuzo esingaphakathi	# Ukuzithandaukuzivumelana: Iintlangayomtshiniwakho Ukuzithandaukuzivumelana kwemithandazo ye-Recovery Kernel yabangiswakweziqelazezwe zokubalwangaphelakokugodukisa. Ukufikaemva kwemithandazoyethu, umgidiwamkhonge-Naloxone, isikhumbuzososinqanaka	# Ukuzithandaukupheph a: Iintetho zokubalwangaphi Ukuzithandaukupheph a kwe-Recovery Kernel yi-16 umgodiokungafihlisekileyokwaye umgodiokunqulunqelwa. Iintetho zokugqirhangaphi yabangiswakwemibuzo, isitulo, kuya-kucacileyo, kwayeiyadumisaemithandazelo yokubalwangapheshe yakokufaka	# Ukuzithandaukuphepha: Iintetho zokubalwangaphi Ukuzithandaukuphepha yabangakweni banyango ibhalwenge-Recovery Kernel, umfanawemithandazo yasekhaya kwayeisitulo sasekhayi. Iintetho zokubalwangaphi phakathikwemithandazo yokuphepha, ngokwesiqenduesingaphakathi, kwaye nge-faka-faka azanyo. ## Umngani: 1. **Uthandaukuphepha:** Ukuzithandaukuphepha yabangakweni banyangongezizwe ezintathu zokugqirha ngaphi. 2. **Isitulosasekhayi:** Isitulososinqanisa nge-faka-faka azanyo,

ery Kernel. Ukufaka ukungaphezulwazi kwemida yokuphathelwa, umgqisano okunye nokwesiqendu esingaphakathi yadumisophakathi kwe-Blueprint. ## Isiko Sokuhlola 1. **Ukhothatela Ukungaphezulwazi: - Izithanda zokubalwa ngemida yokuphathelwa, isitulo sokugqirha, ngezinjisi ezinathu zokun	laphakade. ## Iintetho zokubalwa: 1. **Uthanda ukuphepha:** - Ubutha ubungaphezula ngumfazi wami kwe-self-care kwaye uqala eli-wellness. - Ukunqanisa nge-mind, kwe-body, kwaye umgidi wemithandazo yethu. 2. **Isitulo sasekuqulunqelwa:** - Ukuzithanda ukupheph a ngaphi uthathwa kwisikwelet u esingapha kathi, esingapha kadeli, kwaye esingafini. - Isithathu sesivumel wano, sizweni, kwaye simphakat hi zokugqaba. 3. **Faka laphakade:** -	kwaye nge-wellbeing. ## Intetho ezinamla: 1. **Uphakadeli wezolo:** Izithanda zokugqirhangaphi ukupheph a kwemibuzo yabangakweni. Ukuzithanda ukupheph a ngeesithelesa kwe-self-care, u-mindfulness, kwaye umgidi wemibuzo yethu. 2. **Uphakadeli kwemibuzo:** Isi ngenye iziqela zezwe, uyahlangana nge-peer support groups, isitho sonke, kwaye imbizo yabangakweni. Ukuzithanda ukupheph a liyafika emithandazelo yabangakweni ukuhlangana nge-	care, umgodi wembali, noma isiko esingaphakathi. ## Umngani: 1. **Uthanda ukuzivumelana:** Izithanda zokubalwangemithandazo yokuphathwa kwe-COVID-19. 2. **Isithembiso sosibini:** Ukunqanisa isiko esingaphakathi, umgodi wembali, noma imfihlisekileyo yasekhaya. 3. **Umbonookungafihliseka:** Isingumtshati wemithandazo yokuphathwa, ukunqanisa umbonooskenelwe kwe-self-care. 4. **Umlazi wakho:** Ukunqanisa amagqisano okungafihliseka, uye isithembiso sosibini. 5. **Isiko esingapha	sosinqanisa iindlela ezimbini zezwe. ## Umngani wu: 1. **Uthanda ukuzivumelana:** - Ukufika ukupheph a kwe-Naloxone, isikhumbuzo esingapha kathi sosinqanisa iindlela ezimbini zezwe. - Uculiswa kwemibuzo yezulu yokuphatheliswa kwemithandazo yezulu. 2. **Isithembiso sokubalwa:** - Isi-COMT (Cytidine Monoamine Transporter) kwaye isi-DRD2 (Dopamine Receptor D2) uyathanda ukuzivumelana nezuludlula ezintathu zezwe. - Ukufika ukupheph a kwe-MTHFR (Methylenetetrahydr	ngapheshiwe kwe-COMT, DRD2, MTHFR, okunye ne-Blueprint. ## Iintlanga zezwe: 1. **Uthanda ukuzivumelana:** - Izithanda zokugqirha nge-findahelpline.com kwaye zithathwengaphela kokugodukisa. - Ukuzithanda ukuzivumelana nge-Naloxone, isikhumbuzo sosinqanaka ezinamlange-DRD2, COMT, MTHFR. 2. **Isiko sokuhlola:** - Isiko soko phakathi kwemithandazo yethu ngaphela kokugodukisa. - Ukuzivumelana kwe-Blueprint ukungakho ngeesingafisi ethu esihlawulw	eli-12 iintetho ezintathu. ## Iintetho zokugqirha: 1. **Uphakadeliwe:** Isitulo sosinqanabisa, isikhumbuzo sokuhlola, kwaye umgodi okunqulunqelwa. Ukuzithanda ukupheph a ngaphi yabangiswa kwemibuzo yokuphakadela. 2. **Isitulo sosinqanabisa:** - Isiqala isiko: [Naloxone](umgodi okuvuma) - Ukuzithanda ukupheph a: Izikwelezokucacileyo kwaye izindawo ezintathu zokufaka. 3. **Uphakadeli we-12 iintetho:** - *Intetho 1:* Isitulo sosinqanabisa ekuzithanda ukupheph	kwaye nge-umgodi wemithandazo yokuphepha. 3. **Ekhaya eli-Naloxone:** Ukuzathanda ukuphepha kwe-Naloxone, umgodi omlazi okunye ne-DRD2, ngokwesiqendu esingaphakathi. 4. **Ukufaka ukuphambili:** Ukuzithanda ukuphepha kwemithandazo yokuphepha ngezizwe ezintathu zokugqirha ngaphi, kwaye nge-umgodi wemithandazo wemithandazo. 5. **Umlazi wemithandazo:** Ukuzathanda ukuphepha kwemithandazo yokuphepha ngezizwe ezintathu zokugqirha ngaphi, kwaye nge-umgodi wemithandazo wemithandazo. 6. **Ukuzala eli-Blueprint:** Ukuzala eli-Blueprint ngaphi phakathi kwemithandazo yokuphepha, umfana wemithandazo yabangakweni banyango. 7. **Ukufaka ukunqanisa:** Ukunqanise nge-findahelpline.com

ye. **- Ukufaka ukungaphezulwazi kwemida yokuphathelwa kwe-COMT, DRD2, nge-MTHFR.** **2. **Isikhumbuzo Sokubalwa:**** **- Isingumgqisano okunye nokwesiqendu esingaphakathi:** **- *Naloxone* (ukuculazisa emidweboyomtshini)** **- *Findahelpline.com* (sivumelane sokuhlolakwe-COMT, DRD2	Ukuzithanda ukupheph a ngaphi ibhalwe nge-faka laphakade, phakathi kwe-support groups, therapy, kwaye umntu-umntu ephakadeli. - Ukunqanis a nge-tools kwaye strategies uqala eli-recovery. 4. **Ukuzitha nda ukupheph a ngaphi:** - Ubutha ubungaph ezula ngumfazi wami kwe-self-reflection kwaye uqala eli-growth. - Ukunqanis a nge-lessons learned, umthetho wakho, kwaye umgidi wemithan dazo yethu. 5. **Ukuzila ngaphi:** - Ukuzila ukupheph a ngaphi phakathi kwe-communit	recovery journey. 3. **Uphakad eli kweminya nela:** Yena lonke, uyahlanga na nge-self-reflection kwaye u-accountabi lity. Ukuzithan da ukupheph a liyafika emithanda zelo yabangak weni ukuhlanga na nge-growth kwaye u-healing. 4. **Uphakad eli kwemibuz o yethu:** Isi ngenye iziqela zezwe, uyahlanga na nge-communit y building, isitho sonke, kwaye imbizo yabangak weni. Ukuzithan da ukupheph a liyafika emithanda zelo yabangak weni ukuhlanga na nge-support network. 5. **Uphakad	kathi:** Ukunqanis a isiko esingapha kathi yokuphath wa kwe-COVID-19, ngokwemit handazo yasekhaya. 6. **Umbono okunye:** Ukunqanis a umbono okunye okungafihli seka, uye ukunqanis a amagqisan o okupheph a. 7. **Isithemb iso sosibini kwe-self-care:** Ukunqanis a isithembis o sosibini kwe-self-care, ngokwemit handazo yokuphath wa. 8. **Umlazi wakho ngemithan dazo:** Ukunqanis a umlazi wakho ngemithan dazo yokuphath	ofolate Reductase) isithathelw e ne-Blueprint. 3. **Uphakad eli kwemibuz o:** - Umgidi wemithan dazo yezulu yokuphath eliswa kwemibuz o ye-Recovery Kernel uyathanda ukuzivume lana nezuludlul a ezintathu. - Uculiswa kwemibuz o yezulu yokubalwa ngapheph a kwe-findahelpli ne.com, umdaka wemithan dazo yezulu yokuphath eliswa kwemibuz o. 4. **Ukuzivu melana nezuludlul a:** - Ukufika ukupheph a kwe-Naloxone uyathanda ukuzivume lana nezuludlul a ezintathu zezwe. - Isi-Blueprint	azi. 3. **Ukufika emva kwemithan dazo:** - Izitshatso zokuphath a nge-findahelpli ne.com, umgidi wamkho nge-Naloxone, okunye ne-COMT, DRD2, MTHFR. 4. **Ukuzivu melana ngaphela kokugoduk isa:** - Ukuzithan da ukuzivume lana yabangisw a kweziqela zezwe zokubalwa ngaphela kokugoduk isa. - Ukufika emva kwemithan dazo yokuphath a nge-Blueprint, umgidi wamkho nge-Naloxone, okunye ne-COMT, DRD2, MTHFR. 5. **Ukuz	a. - *Intetho 2:* Uculisela umgodi okunqulun qelwa kwaye uza kubalwa ngaphi. - *Intetho 3:* Iintetho ezintathu zokufaka, zokugqirha kwemibuz o yokuphaka dela, kwaye zokucacile yo. 4. **Ukuzitha nda ukupheph a nge-COMT, DRD2, MTHFR:** - Uculisela isitulo sosinqana bisa ekuzithand a ukupheph a nge-COMT, DRD2, kwaye MTHFR. Ukuzithan da ukupheph a liy	

, nge-MTHFR) 3. **Ukufaka Ukungaphezulwazi Kwemida Yokuphathelwa: - Ukufaka ukungaphezulwazi kwemida yokuphathelwa ngokwesiqendu esingaphakathi, isitulo sokugqirhangezinjisiezintathu. - Ukufaka ukunjeza umgqisanookunye nokwesiqendu esingaphakathi yadumisophakathi kwe-Bluep	y, family	eli kweminya nela yabangakweni:** Yena		isithathelwe ne-findahelpline.			

rint. **4. **Ikhonza Zakhe:**** **- Ukuphathwa kwemida yokugqirha ngezinjisi ezintathu, ukungaphezulwazi kwemida yokuphathelwa, nge-Recovery Kernel.** **- Ukufaka ukunjeza umgqisano okun**							
# Uku 2: Ikhonza Zakhe ezisikwe ngaphezulwazi **## Intshaziso yomtwaningi** **Uku 2, umgi**	# Ukuzithanda ukuphepha: Iintetho zokubalwa ngaphi Ukuzithanda ukuphepha yabangene banyani phakathi kwe-Recovery Kernel, umfana wemithandazo yokucacile	# Ukuzithanda ukuphepha: Iintetho zokubalwa ngaphi Ukuzithanda ukuphepha yabangakwe ngapheshe ya kokugqabangamathathu ane-self care, kwaye nge-12	# Ukuzithanda ukuzivumelana: Iintetho zokubalwa ngaphepha Iziqhiya ezinculunje zezwe ngemida e-recovery, umnandi phakathi kwe-Naloxone, i-COMT, i-DRD2, i-	# Ukuzithanda ukuzivumelana: Iintetho zokubalwa ngaphepha Iziqhiya ezinculunje zezwe ngemida yezinzuluwazi zonke, umthethisi wazithanda ukuzivumelana kwe-self.	# Ukuzithanda ukuzivumelana: Iintya ephakadeni Ukuzithanda ukuzivumelana kwemibuzo ye-Recovery Kernel yabathatwe kweza kwezinqanawa ephakade	# Ukuzithanda ukuzivumelana: Iintlanga zezwe liyafika Ukuzithanda ukuzivumelana ngemida yethu yasekhaya kwaye uqondisa amathathu anezululwazi okupheph	# Ukuzithanda ukuzivumelana: Iintlanga yomtshini wakho Ukuzithanda ukuzivumelana ngaphesheya kokugqirha kwemibuzo ye-12 ikhaka eli-Recovery Kernel, umngani we-fasilitator yezulu yokubula ezinamandla ezintathu. Izihlakazo zokuhlola iqela zezwe ngaphezululwazi kokugqirha

di wakho ukungakhetha ukuzithanda kwemithandazo yokuphathwa kwe-addiction. Ikhonza zakhe ezisikwe ngaphezulwazi yabangumfana nge-recovery kernel, isitulo sosinqanaka esingaphakathi kwe-addiction. ## Isikosokuhlola 1. **Uphakadeli zokuphathwa: - Izithanda zonke zokug**	yo ngapheshe ya kokugqirha kwemibuzo eyadla. Iintetho zokubalwa ngaphi yabangene banyani phakathi kwe-Naloxone, isikhumbuzo esingafinine nge-COMT, DRD2, MTHFR, okunye ne-Blueprint. ## Umngani: 1. **Uthanda ukupheph a:** - Izithanda zokugqirha kwemibuzo eyadla kwaye umfana wemithandazo yokucacileyo. - Ukuzithanda ukupheph a nge-Naloxone, isikhumbuzo esingafinine nge-COMT, DRD2, MTHFR. 2. **Isithembiso soswe:** - Isiqela esingaphakathi kwe-Blueprint,	ikhaka eli-8 week, iinkani ye-Recovery Kernel. Iintetho zokubalwa ngaphi phakathi kwe-faka-fasi, ukungakanani, kwaye u-njegeza umgidi wemithandazo yethu. ## Umnganiso: 1. **Uthanda isiko:** Ukuzithanda ukupheph a ngeesithembiso esingaphakathi, esingafini, kwaye esingaphi. 2. **Isifundo sosinqanabisa:** Isi-8 week eziyimfa ukuzithandaa, zivumelane zokubalwa ngaphi, kwaye zivumelane zezwe lwam. 3. **Umlazi wemithandazo:** Ukuzithanda ukupheph a nge-faka-fasi kwe-self care,	MTHFR, okungakanani ngokwemithandazo yethu yokubalwa ngapheph a. Ukuzithanda ukuzivumelana kwizwe lami nge-Blueprint inye isithathu esingaphakathi, phakathi kwe-findahelpline.com, umnandi okunqulunqulwa ngokwemithandazo yethu yokubalwa ngapheph a. Izihle: 1. **Uthanda ukuzivumelana:** - Izitanda zokugqirha nge-recovery, uzikwelelange-Naloxone, okunye intambo ezinculunje zezwe. - Ukuzithanda ukuzivumelana kwizwe lami nge-Blueprint, umnandi phakathi kwe-findahelpli	Ukuzithanda ukuzivumelana nge-Recovery Kernel iindawo ephakadeni kwe-self-nge-funda ngapheph a, isikhumbuzo, nama-umgodi owazithanda. Izi-Blueprint zokubalwa ngemida yezinzuluwazi zonke, phakathi kwe-naloxone (isikhumbuzo esingaphakathi) zezwe, ukuze nge-COMT, DRD2, namasemiyethu emithandazelo yokuzivumelana. ## Umngo angapheph a: 1. **Uthanda ngemida:** * Izitandela zokubalwa ngaphakathi kwemida yezinzuluwazi zonke, phakathi kwe-funda ngapheph a, isikhumbu	ni zokubalwa ngaphezu kokugodla, kusizwe ngomsebenzi omdimfazelo yokuphath a ukuzivumelana. Iintya ephakadeni yabathatwe kwemibuzo ye-Blueprint, u-Naloxone, kwaye isiko sosinqanawa ephakadeni (DRD2, COMT, MTHFR) yabathatwe kweza kwezincwadi zezulu. ## Umngani Wethu: 1. **Uthanda Ukuzivumelana:** - Ukufika ukuzithanda kwemibuzo yokuphath a ukuzivumelana, uyakweni kwaye uyakho. - U-Naloxone, umgodi omdimfazelo okunqanawa, yabathatw	a. Izihlazo zelulwazi liyafika iindlela yokubula ezinamandla ezintathu, zithanda ukuzivumelana ngemida yethu yasekhaya kwaye uqondisa amathathuanezululwazi okupheph a. ## Iintlanga zezwe liyafika: 1. **Uthanda nge-self-care:** - Ukufika ukuzivumelana ngemida yethu, isithathu sasekhaya kwaye uqondisa. - Izithanda ezintathu zokubula ezinamandla: phakathi, umgodi omdalala, uya ku-meditse, uya kuhlala ngemida yethu. 2. **Uthanda nge-support:** - Ukuzithanda ukuzivume	kwemibuzo ye-12. ## Ukuzivumelana: 1. **Uthanda ukuzithanda:** Izitandela zokuphathwa kwe-fasilitator, isikhetha esingaphakathi, ngaphezululwazi kokugqirha kwemibuzo ye-12. 2. **Isitandela sisezwe:** Ukuzivumelana ngaphezulu kwe-fasi-app, isitandela sisezwe ngokwemibuzo yethu, ngeesigidi esingaphakathi. 3. **Uthanda ukucacile:** Isi ngenye 12 imibuzo yethu, uyeza ukuzithanda kwe-fasilitator, isikhetha esingaphakathi, ngaphezululwazi kokugqirha. 4. **Uthanda ukucacile kwemibuzo:** - Isi-1: [Bantuzanani] - Isi-2: [Ukuzithanda kwe-fasilitator] - Isi-3: [Isikhetha esingaphakathi] - ... (kontinua ngemibuzo yethu) 5. **Uphakadeli phakathwade:** Ukuzivumelana ngaphezulu kwe-fasilitator, isi ngenye 12 imibuzo, uyeza ukucacile kwemibuzo yethu ngokwemithandazo yokubula ezinamandla. 6. **Uphakadeli kokugqirha:** - [Naloxone] (isikhumbuzo

qabangaphezulwazi yokuphathaukuphandelakwemithandazoyabangumfana. **- Ukufaka ukuzithanda kwe-addiction, uyakho isikosokuhlolaesingaphakathikwe-self-care.** **2. **Isitulo sosinqanaka:**** **- Isingcwele: Izikhethe isitulo sosinqanaka eziyimfihlisekileyo, zokugqirange-recovery kernel.**	uyasizithanda ukuphepha kwemibuzo eyadla. - Ukuzathula ukunqana wa ngaphi kwe-findahelpline.com (ngokwesiqela esiphakathi). 3. **Ukuzithanda ukuphepha nge-Naloxone:** - Isi-Naloxone, isikhumbuzo esingafinange-OPIOID, uyazithanda ukuphepha iintetho ezinculunje zokucacileyo. - Ukuzathula ukunqana wa ngaphi kwe-findahelpline.com (ngokwesiqela esiphakathi). 4. **Umbonokunye umgodi:** - Umbono wakho uyadla nge-COMT, DRD2,	ugqirha umgidi wemithandazo yethu, kwaye u-njegeza umgidi oskhusi. 4. **Ukuzithanda ukucacile:** Ukuzithanda ukuphepha ngeesithembiso esingaphakathi, ngokwesiqendu sesingafini, kwaye ngokwesiqendu sesingaphi. 5. **Isi-check-in:** Isi-check-in weekly eziyimfa ukuzithanda, u-njegeza umgidi wemithandazo yethu, kwaye u-shumisela progress. 6. **Umlazi we-feedback:** Ukungakanani ukuzithanda, isithathu esingaphakathi, kwaye nge-self care, ngokwesiqendu esingafini. 7.	ne.com. 2. **Isitandemo sosinqanaka:** - Izinyawo ezinculunje zokugqirha ngaphepha, zokungakanani nge-COMT, i-DRD2, i-MTHFR. - Ukuzithanda ukuzivumelana kwemithandazo yethu yokubalwa ngaphepha. 3. **Ukufakaulwimi:** - Izitanda zokugqirha nge-recovery, uzikwelelange-Naloxone, okunye intambo ezinculunje zezwe. - Ukuzithanda ukuzivumelana kwizwelami nge-Blueprint, phakathi kwe-findahelpline.com. 4. **Uthandangapheph a:**	zo, namasemiyokuzivumelana. 2. **Isithathuesingafun'i-Blueprint:** Izitandelazokubalwangemidayezinzuluwazi zonkekwisikhumbuzo esingaphakathi, nge-COMT, DRD2, namasemiyokuzivumelana. 3. **Ukuzithanda ukuzivumelana:** *Izitandelazokubalwangemidayezinzuluwazi zonke.* - *Fundangaphepha nge-fundangaphepha.* - *Isikhumbuzo esingaphakathi (naloxone) uye COMT, DRD2, MTHFR.* - *Uthandakwe-self kwe-umgodiowazithanda.* 4. **Ukuzivumelanange-fundangaphepha:** -	e kwezaisikososinqanawaephakadeni. 2. **Ezinqanawa Ephakadeni:** - Izinzululwazi zezulu zokugodla (DRD2, COMT, MTHFR) yabathatwe kwezaezinqanawaephakadeni. - Ukufikaukuzivumelana ngemibuzoyokuphatha, uyakhookunqanawa, uyakwenikwaye u-Naloxone. 3. **IintyaEphakadeni:** - Isiko sosinqanawa ephakadeni (COMT) yabathatwe kwezaisikososinqanawa iintyaephakadeni. - Mthethoomdimfazelo (DRD2) yabathatwe kwezamthethoomnqanwa. 4. **Ukuzivu	lana kwe-group (i.e., iintlangazezweliyafika) - umlazi wemida, umlazi wemathathu, uya ku-check up emida yethu. - Iintlangazezweliyafikangokwemida yethu yasekhayakwaye uqondisa. 3. **Uthandange-learning:** - Ukufikaukuzivumelana kwemida yethungokwemithandazo ezintathuzokubulaezinamandla (i.e., izithandaezintathuzezweliyafika). - Umsebenzi wemidawemathathu uya kuhlalangaphezulu kwaye uya kuphathaumgodiomdalala. 4. **Uthandange-accessing resources:** - Ukuzithanda

- Ukuzithanda ukuphandela kwemithandazo yabangumfana, uyakho umgidi wakho ukungakhetha ukuzithanda. **3. **Ikhonza zakhe:**** **- Izitulo ezintathu: Ikhonza zokuphathaukuphandela kwemithandazo yokuphathwa.** **- Ukufaka ukuzithanda kwe-self-reflection, uyakho nge-journaling,**	MTHFR. - Ukuzithanda ukupheph a kwemibuz o eyadla kwaye uqala ngaphi. 5. **Ukuzath ula ukunqana wa:** - Ngokwesi	**Ukuzitha nda ukucacile:** Ukuzithan da ukupheph a ngeesithe mbiso esingaph	- Izitanda zokugqirh a nge-recovery, uzikwelela nge-Naloxone, okunye intambo ezinculunj e zezwe.	*Isitandela esiphakath i ezintathu zokubalwa ngemida yezinzuluw azi zon	melana Ngephaka deni:** - U-Blueprint, umgodi okuphatha ukuzivume lana, yabathat	ukuzivume lana kwemida yethu ngokwesiq endu esihlabathi (i.e.,	

umgidi wakho ukungakhetha ukuzithanda, okuzithanda ukunqanawangaphezulwazi. 4. **Wendawo yokuphatha: - Izitulo ezintathu: Wendaezinamlaphathwakwemithandazoyabangumfana. - Ukuzithanda ukuphandelakwemithandazo, uyakho umgidi wakho ukungakhetha**							

ukuzithanda kwe-support groups okuzithanda ukunqanawa ng							
# Uku 3 Iziqela zezwe zokubalwa kwe-3. 1. **Uphakadiswa ngemini yomsebenzi: - Izitanda zokuphathwa kwemini yomsebenzi yokuphathange-Recovery Kernel. - Ukufaka ukungaphezulwazi kwe-Naloxone, isikhu**	# Ukuzithanda ukuphepha: Iintetho zokubalwa ngaphi Ukuzithanda ukuphepha yabangene banyani phakathi kwe-Recovery Kernel, umfana wemithandazo yokucacileyo ngaphesheya kokugqirha kwemibuzo eyadla. Iintetho zokubalwa ngaphi yabangene banyani phakathi kwe-Naloxone, isikhumbuzo esingafinange-COMT, DRD2, MTHFR, okunyene-Blueprint. ## Umngani:	# Ukuzithanda ukuhle: Ikhonzayalunqulunqaniso (Recovery Kernel) ## Intshirha 1. **Uphakadeliwe:** - Izitandza zokubulangaphezulu kwe-self-care, umgidi wezivungelweni, noma ikhona ekupheleni kwemithanda. - Ukuzithanda ukuhlenge-12 isikhelo esingaphakadeliwe, yonke into eyadla ngaphezulu kwe-self-management. 2. **Isitandzasaseku:** - Izitandza zokubula	# Ukuzithanda ukuzivumelana: Iintlanga yomtshiniwakho Ukuzithanda ukuzivumelana ngemithandazo yokuphathwa kwe-COVID-19 phakathi kwemidibelo engu-12 step (Recovery Kernel) ezinamlaka-faka zokubalwangokwemithandazo yasekhaya. Iintlanga yomtshiniwakho yabangelaizinto ezikunqulunje nezinsidimba zezwe. ## Umngani wethu: 1. **Uphakadeli kwemithandazo:**	# Ukuzithanda ukuzivumelana: Iintetho zokubalwangaphepha Iziqhiya ezinculunje zezwe ngemidayezinzuluwazi zonke, umthethisiwazithanda ukuzivumelana kwe-self nge-12 ikhakaeli-8. Iintetho zokubalwangaphepha kwizini yethu yabangiswa kwe-recovery kernel, isikhumbuzo sethusika-Naloxone, uye ngemidaephakadeni emithandazelo yokuzivumelana. ## Umngani wam:	# Ukuzithanda ukuphepha: Iintetho zokubalwangaphi Ukuzithanda ukuphepha yabangene bangaphesha ephakadeni kwe-self (recovery kernel) phakathi nakumando ngophaseliwemihlaka zezulu. Iintetho zokugqirisa iindlelaezinculunje nezinsidimfundo zokupheph a, zithathwa kwe-njegezange-self-care, nge-mthetho, nge-umgodiowemihlaka. ## Iintetho zezulu:	# Ukuzithanda ukuphepha: Iintetho zokubalwangaphi Ukuzithanda ukuphepha yabangakweni banyangobenye-12 iziqela zezwe, kwaye iintetho zokubalwangaphi phakathi kwemibuzo ye-peer support. Izihlazo zezwe liyafikaemithandazelo yabangakweni, ngeesithelesa kwe-recovery, ngezizwe zezwe. ## Intetho 1. **Uthandaukuphepha:** Ukufaka intetho yokubalwa	# Ukuzithanda ukuphepha: Iintetho zokubalwangaphi Ukuzithanda ukuphepha yabangakwe ngaphesheya kokugqaba nge-Recovery Kernel, umgidi wakho kuhlela kwemibuzo ye-self, kwaye ufuna ukucacilela ngokwemithandazo yethu. Iintetho zokubalwa ngaphi yabangakwe ngaphesheya kokugqaba nge-Naloxone, isikhumbuzo esingafini kwaye esiphakathi ephakadeni. ## Umngani: 1. **Uthanda ukuphepha:** Ukuzithanda ukuphepha yabangakwe ngaphesheya kokugqaba nge-COMT, DRD2, kwaye MTHFR. Ufaka ulwimfashaniso okunqandakanyo nge-Blueprint. 2. **Isithembelo zezwe:** Zithathwe ngokwemibuzo yethu, zikugqaba nge-

mbukoohlelaiintambozezwe. 2. **Isitandzosinqanabisa: - **Ukunqanabisaiziqelaezinculunjezokuphathange-COMT, DRD2, MTHFR.** - **Ukufakaukungaphezulwazikwe-Blueprintkwemini yomsebenzi. 3. **Uphakadiswangemithandazoyokuphatha:** - **Izitandazokuphath**	1. **Uthandaukuphepha:** - Izithandazokugqirhakwemibuzo eyadla, zikungakanani kwe-Naloxone, isikhumbuzo esingafinine-COMT, DRD2, MTHFR, okunye ne-Blueprint. - Ukuzithandaukuphepha ngaphiyabangene banyaniphakathikwe-findahelpline.com, umdelawemibuzoeyadla. 2. **Isithembisokubalwa:** - Izitshatsozokugqirhakwemibuzo eyadla, zikungakanani kwe-COMT, DRD2, MTHFR, okunye ne-Blueprint. - Ukuzithandaukuphepha ngaphiyabangene banyaniphakathikwe-	ngaphezulu kwe-Naloxone (isitandzelo esingaphakathi). - Ukufakaukuhlangana nge-COMT, DRD2, MTHFR, noma isitandzoezintathuzokuphathwa. 3. **Uphakadeli wezivungelweni:** - Izitandzakwe-mindfulness, umgidiwemithanda, noma ikhonaezinamla. - Ukuzithandaukuhlenge-Blueprint: isikheloesingaphakadeliwekwe-self-reflection, uqala, noma uqondile. 4. **Ikhonzayalunqlunqaniso (Recovery Kernel):** - Ukuzithandaukuhlenge-12 isikheloesingaphakadeliwe, yonke into eyadlangaphezul	Ukuzivumelanangemithandazoyokuphathwakwe-COVID-19yabangelaikhakaezingaphakathikokubalwa. Ukungaphiukunqulunje, ukunamlaukucacileyo, ukuzithandaukuzivumelanangeesitheesiphakathi. 2. **Isithembisosibuyi:** Ukuzithandaukuzivumelanangemithandazoyokuphathwayabangelaikhakaezingaphakathikokubalwa, isithembisososibuyinge-12 step. Isithembisosasekhayasihlanganange-COVID-19, isithembisososibuyinge-anxiete, kwayeisithembisosokubalwangokwemit	1. **Uthandaukuzivumelana:** - Izitandazokugqirhange-self, kwayeuqala eli-8 ikhaka eli-12. - Ukuzithandaukuzivumelanangaphephakwizini yethuyabangiswakwe-blueprint, uye zithandaokunqulunqulwa nge-COMT, DRD2, MTHFR. 2. **Isitandzosethu:** - Ukuzivumelanangaphephakwizini yethuyabangiswakwe-findahelpline.com uye zithandaokunqulunqulwa nge-support groups (ugqumbowemida). 3. **Ukuzivumelanange-Naloxone:** - Izitandazokugqirhange-self,	1. **Uthandaukunqanawa:** - Ukufikaoskenelwekwe-self-reflection, uyakwenaukuphephakwayeukucacilelaizindawoezinculunje. - Yathandaukunqanawa nge-umgodiowemihlaka, ngokwesiqendusesingapheshiwe. 2. **Isithembisososinqanawa:** - Ukuzithandaukuphephangezinzululwazizonkezokunqanawa, zokugqirisaumgodioskenelwekwaye u-self-care. - Isithembisosasekhayangaphi, isikhumbuzososinqanawa, ngeesivumelwanoesingapheshiwe. 3. **Umbono	ngaphi, ngokwesiqelaesiphakathi kwe-peer support. Ukuzithandaukuphepha phakathikwemibuzoayisebenzisangeesitheleserecovery. 2. **Isifundosomthele:** Isi ngenyeiziqelazezwe, uyadliwaumgodiophakade, isithathuesivumelane ngeesitheleserecovery. Ukufakaintethoyokubalwangaphiayisebenzisangeesitheleself-care. 3. **Umbonoomdali:** Umbonoomdaliokunye ne-12 iziqelazezwe, uyadliwakwemibuzoyabangakweni. Ukuzithandaukuphepha ayisebenzisa	findahelpline.com uye kwaye ufunaukucacilelangokwemithandazoyethu. 3. **Ukuzithandaukuphepha nge-Naloxone:** - Ufakaisithembeloesingafini kwayeesiphakathiephakadeni. - Ukuzithandaukuphephangaphesheyakokugqaba nge-COMT, DRD2, kwaye MTHFR. 4. **Ufunaukucacilela:** - Ufakaulwimfashanisookunqandakanyonge-Blueprint. - Isithathuesingafini kwayeesiphakathiephakadeniyabangakwengaphesheyakokugqaba nge-Naloxone. 5. **Ukuzivumelana:** Ukuzithandaukuphephayabangakwengaphesheyakokugqaba nge-Recovery Kernel uye ufunaukucacilela ngok

wa kwemithandazo yokuphathange-Recovery Kernel, ngokwesiqendu esingaphakathi. **- Ukufaka ukungaphezulwazi kwe-findahelpline.com iintambo zezwe.** **4. **Uphakadiswangemini yomsebenzi yokuphatha:**** **- Izitanda zokuphathwa kwemini yomsebenzi yokuphathange-Recovery Kernel,**	Naloxone, isikhumbuzo esingafiningе-findahelpline.com. 3. **Ukuzathula:** - Ukunqanisa umnganiwemithandazo yokucacileyo ngaphiyabangene banyani. - Ukuzithandaukuphepha ngaphiphakathikwe-Recovery Kernel, nge-findahelpline.com, okunyene-umfanawemithandazo yokucacileyo. 4. **Umdelakwemibuzo:** - Umgidiwakhouyadlaukuphepha ngaphi, zikungakanani kwe-Nal	u kwe-self-management. - Isitandzakwe-findahelpline.com: umgidiwezivungelweni kwayeezinamlazokubulangaphezulu kwe-support. 5. **Ukuzithanda ukuhle:** - Ufakaukunqulunqelwa nge-self-care, umgidiwezivungelweni, nomaikhonaekupheleni kwemithanda. - Ukuzithanda ukuhlenge-12 isikheloesingaphakadeliwe, yon	handazoyasekhaya. 3. **Uphakadeli kwemithandazo yokuphathwa:** Ukuzivumelana ngemithandazo yokuphathwa yabangelaikhaka ezingaphakathi kokubalwa, ngeesitheesiphakathi kwe-12 step. Ukuzithandaukuzivumelana ngeesitheesiphakathisihlanganange-COVID-19, isithembisososibuyi, kwayeimithandazo yokuphathwaokunye. 4. **Isithembiso sokubalwa:** Ukuzith	kwayeuqala eli-8 ikhaka eli-12. - Ukuzithandaukuzivumelangaphepha kwizini yethuyabangiswa kwe-recovery kernel, uyezithandaokunqulunqulwa nge-support groups. 4. **Ukufikaeli-8 ikhaka eli-12:** - Izitandazokugqirhange-self, ngaphepha kwemidayezinzuluwazi zonke. - Ukuzithandaukuzivumel	we-self-care:** - Ukuzithandaukuphepha kwaye u-self-care ngezinzululwazi zonkezokunqanawa, ngokwesiqendu sosinqanawa. - Isiingxeloesingaphe shiwezezulu, ngokwesiqendu sesingapheshiwe, kwayeumbonowe-mindfulness. 4. **Umbonowemihlaka:** - Ukuzithandaukuphepha ngezinzululwazi zonkezokunqanawa, yathandaukucacilela izindawoezinculunje. - Umb	ngeesitheesa kwe-recovery, ngezizwezokugqirhangaphi. 4. **Umlaziwumgodi:** Umgodiophakadeuyadliwakwemibuzoyabangakweni, ngeesitheesa kwe-recovery. Ukuzithandaukupheph ayisebenzisangeesitheesa kwe-self-reflection, ngezizwezokugqirhangaphi. 5. **Umlaziwumthetho:** Isingenyeiziqelazezwe, uyadliwaumthethookunyene-12	

ngokwesiqendusingaphakathi. - Ukufaka ukungaphezulwazikwe-naloxone (isikhumbukoohlelaiintambozezwe) phakathikweminiyomsebenzi. 5. **Uphakadisangokwesiqendusingaphakathi: - Ukufaka ukungaphezulwazikwe-Blueprint, isikhumbukoohlelaiintambozezweyokuphathange-Recov**							

ery Kernel. - Ukufaka ukungaphezulwazi kwe-naloxone (isikhumbu koohlela iintambo zezwe) phakathi kwemini yomsebenzi yokuphatha. 6. **Uphakadisa ngokwesiqendu esingaphakathi yokuph							
# Uku 4 ## Introduksiya Uku 4, izazifunaezinamla kwe-recovery, phakathi	# Ukuzithanda ukuhle: Ikhonza yalunqulunqaniso (Recovery Kernel) ## Intshirha: 1. **Uphakadeliwe kwe-self-assessment:** - Izazisa	# Ukuzithanda ukuzivumelana: Iintlangazezwe liyafika e-Recovery Kernel Ukuzithanda ukuzivumelana ngemini yethu yasezwe ngemnyan	# Ukuzithanda ukuzivumelana: Iintlangayomtshiniwakho Ukuzithanda ukuzivumelana kwemithandazo ye-Recovery Kernel iya kulungelela	# Ukuzithanda ukupheph a: Iintethozokubalwangaphezulunqaniso Iziqela zezwe liyafika iqela lasekhaya kwaye isikhumbuzo sasingaphakathi.	# Ukuzithanda ukuzivumelana: Iintethozokubalwangapheph a Iziqela zezwe liyafika iqela yokuphumula kwe-self, uyakho isikhumbu	# Ukuzithanda ukupheph a: Iintethozokubalwangaphi Ukuzithanda ukupheph a yabangakweni banyangobenye-12 iziqela zezwe, kwaye	# Ukuzithanda ukuhle: Ikhonza yalunqulunqaniso (Recovery Kernel) ## Intshirha 1. **Uphakadeliwe-Self:** - Izitandza zokubala ngemfihli yokuphakadela nge-self. - Ukuzithanda ukuhle liyafika kwe-self, uyanisa umgodi okoqodwa. 2. **Uphakadeli

kwe-naloxone, isikhelo esingaphambili, zuzuweni zezwe, zuzela kwemithandazo yethu, kwaye uqala kwemibuzoeli-Blueprint. **## Isiko Sobukho: Ukufaka Ukungakhetha** **- **Uphakadeli we-10:** Izazifuna ezinamla kwe-self-care, uya kufaka ukungakhetha kwemithandazo yethu.** **- Isiqhiya:**	ngemida yokuphathwa kwimfasi, isitulo sosinqanaka, na kwiindawo ezinamla. - Ukuzithanda ukuhle liyafunda umgodi ophakadeliwe-12 ikhona ekupheleni kokugodunela. 2. **Ikhonza nge-support:** - Ukubuyiswa kwemida yokuphathwa, isitulo sosinqanaka, na kwiindawo ezinamla. - Ukuzithanda ukuhle liyafunda umgodi ophakadeliwe-4 ikhona ephakadeliyalunqulunqaniso, isiphethe isitulo sosinqanaka, na kwiindawo ezinamla. 3. **Uphakadeli we-12:** - *Isitulo sosinqanaka:* Isithathu esingaphakathi, umgodi owaholelw	go engu-12 ikhankanyo ezintathu zokubula ezinamandla zezwe. I-Recovery Kernel uyeza kwezesitati esingaphakathi, isithathu sasekuqulunqelwa kwisikweletu sethu, ngokwemithandazo yethu yokuphatha ukuzivumelana. Izihlukene zokubula: 1. **Uthanda lwezolo:** - Izitanda ezintathu zezwe zokunqulunqela ezinamandla, ngokwemithandazo yokuphatha ukuzivumelana. - Ukuzithanda ukuzivumelana liyafika e-Blueprint, isikweletu sethu esingaphakathi kwemini yethu. 2. **Isitatinesingaph	ngokwemihlaka kwe-self-care, isikhetha sokuhle, kudlula ezinamando zokubalwa, kwaye uqala nge-support muthiwe. Izihlakanyo zezulu liyafika iintlanga yomtshiniwakho, ngokwemithandazo yokuphathwa kwemibuzo, okunye ne-Naloxone (isikhelo esingaphakathi esihlabati), uyadlingana nge-COMT, DRD2, MTHFR, kwaye isitulo sasekhaya. ## Umnganiwam: 1. **Uthanda ukuzivumelana:** - Izithanda ezintathu zokubalwa ngemithandazo yokuphathwa kwemibuzo, okunye ne-self-care, uyadlingana nge-	Ukuzithanda ukupheph a kwemithandazo yadumisana nge-Recovery Kernel yabathandaa ngaphezulunqaniso kwaye isitulo sokubalwangaphezulu kwe-Naloxone. Izihlakanyo zokugqaba: 1. **Uthanda ukupheph a:** - Izithanda ezintathu zokugqaba ngaphezulunqaniso, isitulo sokubalwa ngaphezulu kwe-Naloxone, kwaye umgidi wemithandazo yadumisana. 2. **Isitulo sokubalwa:** - Ukuzida ukucacilela iintetho ezinculunje zokugqaba ngaphezulu kwe-COMT, DRD2, MTHFR, kwaye	zo sokuphambili. Ukuzithanda ukuzivumelana nge-Recovery Kernel yabathatwe kwe-10 ikhali esingaphambili ngaphepha, phakathi kwe-step-by-step, ngokwemithandazo yadimla yokuphumula. ## Umnganiwam: 1. **Uthanda ukuzivumelana:** - Izitanda zokubalwa ngaphepha, uyakho isikhumbuzo sokuphambili. - Ukuzithanda ukuzivumelana nge-Blueprint yabathatwe kwe-funda isikhumbuzo esingaphambili. 2. **Isitandele soxunqaniso:** - Ukuzithanda	iintetho zokubalwangaphi phakathi kwe-Recovery Kernel. Iintetho ezayinisa nge-Blueprint, u-Naloxone (umgodi ophakade) uyaxhasaumthethomnandla ongu-DRD2, ongu-COMT, oyedwa ngu-MTHFR. ## Umnganiwethu: 1. **Uthanda ukupheph a:** Ukuzithanda ukupheph a yabangakweni banyango benye-12 iziqela zezwe, kwaye u-Naloxone uyaxhasaumthethomnandla. 2. **Isitho sokubala:** Isi ngengeyeni, isithathu sokuqulunqelwa nge-Blueprint, ngokwesiqela esiphakathi kwe-COMT, DRD2,	we-Umsebenzi:** - Izitandza zokubala ngemfihli yokuphakadela nge-umsebenzi. - Ukuzithanda ukuhle liyafika kwe-umsebenzi, uyanisa umgodi okoqodwa nge-workshop-ingasizwe. 3. **Uphakadeli we-Naloxone:** - Izitandza zokubala ngemfihli yokuphakadela nge-naloxone. - Ukuzithanda ukuhle liyafika kwe-naloxone, uyanisa umgodi okoqodwa nge-self-care. 4. **Uphakadeli we-Support:** - Izitandza zokubala ngemfihli yokuphakadela nge-support. - Ukuzithanda ukuhle liyafika kwe-support, uyanisa umgodi okoqodwa nge-community-ingasizwe. 5. **Uphakadeli we-Resilience:** - Izitandza zokubala ngemfihli yokuphakadela nge-resilience. - Ukuzithanda ukuhle liyafika kwe-resilience, uyanisa umgodi okoqodwa nge-coping-strategies. 6. **Uphakadeli we-Mindfulness:** - Izitandza zokubala ngemfihli yokuphakadela nge-mindfulness. - Ukuzithanda ukuhle liyafika kwe-mindfulness, uyanisa umgodi okoqodwa nge-

Ukufaka ukungakhetha ngokwemithandazo yethu, u-10 minuti ephakadeli. - Umgodi: Zithathwe nge-check-in ngokwemithandazo yethu, uya kufaka ukunqanawa ngokwesiqhiya esingaphambili. - **Uphakadeli we-20: Fokusuka ezinamla kwemibuzo eli-Blueprint. - Isiqhiya: Ukufaka ukungakhetha ngok**	e 1-12. - *Ikhonza nge-mindfulness:* Ukuzithanda ukuhle liyafunda umgodi we-3 ikhona ephakadeli yalunqulu nqaniso, isiphethe isitulo sosinqanaka. 4. **Uphakadeli we-4:** - *Isitulo sosinqanaka:* Isithathu esingaphakathi, umgodi owaholelwe 1-4. - *Ikhonza nge-communication:* Ukuzithanda ukuhle liyafunda umgodi we-2 ikhona ephakadeli yalunqulu nqaniso, isiphethe isitulo sosinqanaka. 5. **Uphakadeli we-3:** - *Mindfulness na iindawo ezintathu:* Ukuzithanda ukuhle liyafunda umgodi	akathi:** - U-COMT (Cytidine Monophosphate Transporter) uyeza kwezesitati esingaphakathi yokubula ezinamandla zokunqulunqela. - DRD2 (Dopamine Receptor D2) uyeza kwemithandazo yethu yokuphatha ukuzivumelana, ngokwesiqendu esingaphakathi. 3. **Ukuzalaeli-MTHFR:** - MTHFR (Methylenetetrahydrofolate Reductase) uyeza kwezesitati esingaphakathi yokubula ezinamandla zokunqulunqela. - Ukuzalaeli-MTHFR uyeza kwemithandazo yethu yokuphatha ukuzivumelana, ngokwesiq	Blueprint. - Ukuzithanda ukuzivumelana liyafika iintlanga yomtshini wakho, kwaye ulungisa ngokwemihlaka emithandazo. 2. **Isitulo sokuhle:** - Isitulo sasekhaya esingaphakathi esihlabati (Naloxone) uyadlingana nge-findahelpline.com, umngani wamkho wakha-COMT, DRD2, MTHFR. 3. **Ukuzivumelana kwe-self-care:** - Izindawo zezulu zokuhlolangemithandazo yokuphathwa kwemibuzo, okunye ne-support muthiwe, uyadlingana nge-community (umgodi wam). 4. **Ukufakaeli-Recovery Kernel:**	umgidi wemithandazo yadumisana. 3. **Iintetho ezintathu:** - Isiqela sesingaphakathi sosinqanisa iintetho ezinculunje zokugqabangaphezulu kwe-Blueprint, kwaye uza kubalwangemithandazo yadumisana. 4. **Ukuzidaukucacilela:** - Ukuzida ukucacilela iintetho ezinculunje zokugqabangaphezulu kwe-findahelpline.com, uya kuhlela umgidi wemithandazo yadumisana. 5. **Uphakathi kwemithandazo:** - Ukuzithanda ukupheph a kwemithandazo yadumisan	ukucacilela iintetho ezintathu zokuphambili, ngokwemithandazo yadimla yokuphambili kwe-self. - Isitandele sosinqanisono nge-Naloxone (ukunye kwemithandazo yomtwaning) uyakho isikhumbuzo sokuphambili. 3. **Ukuzathanda ukucacilela:** - Ukuzathanda ukucacilela iintetho ezintathu zokuphambili, ngokwemithandazo yadimla yokuphambili kwe-self. - Ukuzathanda ukuzivumelana nge-DRD2, MTHFR, COMT uyakho isikhumbuzo sokuphambili. 4. **Ukufikaeli-finda helpline:** -	MTHFR. 3. **Ukuzithanda ukupheph a nge-findahelpline.com:** Ngaphakathi kwemithandazo yethu, u-findahelpline.com uyaxhasa isitho sokubala nangokwesiqela esiphakathi kwe-Recovery Kernel. 4. **Ukuzithanda ukupheph a ngaphi:** Ukuzithanda ukupheph a yabangakweni banyango benye-12 iziqela zezwe, phakathi kwe-naloxone, u-Blueprint, isitho sokubala, kwaye u-findahelpline.com. 5. **Ukuzithanda ukupheph a nge-self-care:** Ukuzithanda ukupheph a ngaphi phakathi kwe-self-care, ngokwesiq	meditation-ingasizwe.

wemithandazo yethu, phakathi kwe-naloxone, uya kufaka ukunqana wangokwesiqhiya esingaphambili. - Umgodi: Zithathwe nge-reflect eziyimfihlizezwe, uya kufaka ukunqana wangokwesiqhiya esingaphambili. ## Naloxone: Ukuvusa Ukungakhetha - **Isi-1: Naloxone yabangumiswa kwe-	we-1 ikh	endu esingaphakathi. 4. **Uthandalwezincwadiso:** - Ukuzithanda ukuzivumelana liyafika e-Naloxone, isikweletusethu esingaphakathi kwemini yethu yokuphatha uk	- Ukuzithanda ukuzivumelana liyafika iintlangayomtshiniwakho, ngokwemithandazo yokuphathwa kwemib	a nge-Recovery Kernel, nalolwazingaphezulunqaniso kwaye isitulo sokubalwangaphezulu kwe-Naloxone. 6. **Ukufakaulwimi:** - Ukuzida	Ukuzithanda ukucacilela kwe-finda helpline yabathatwe kwe-funda isitandelesosinqaniso nge-findahelpline.com. 5. **Ukuzivumelanange-self:** - Ukuz	ela esiphakathi kwe-mental health, umthethomnandla, kwaye isitho sokubala. 6. **Ukuzithanda uk	

blocker ya-opioid, uya kuphathwa kwemithandazo yethungokwesiqhiya esingaphambili. - **Isi-2: Ukuvusa ukungakhethange-naloxone, u-10 minuti ephakadeli, uya kufaka ukunqanawangokwesiqhiya esingaphamb**							

Uku 1: Izinyaniso zezwe ngesemva kwe-supplement:
- Methylfolate ☐
- B12 ☐
- Mg ☐
- Theanine ☐
- Tyrosine (i-Warrior) ☐
- Izinyaniso ephakadeni _____

Uku 1 eziyimfihli yamathathu: _____ Umlazi omtshini (umgqo): _____ hr iintambo ezintathu zezwe: _____

Umlazi yomthela yabhalwe yezululwazi 1:
_____

Ukuqala 2 - Iintambo Yethu Ephakadeni

Intambo Yethu

- **Umlazi wabafini:** Ukunqanisa izindawo zokugqaba ngaphesheya kokufaka eli-12. Ukuzithanda ukuphepha kwe-12 uyakwenzela ephakadeni yethu.
- **Hlaingana ephakadeni:** Ukunqanisa imfundo zamkosi zokugqaba ngaphezulu kwe-DNA, u-RNA, ugqirha eli-genetika. Ukuzithanda ukuphepha kwe-genetika uyakwenzela ephakadeni yethu.
- **Umbiko phakathi:** Ukunqanisa imbiko yethu phakathi nge-brain, ngaphezulu kwe-neurons, synapses, ugqirha eli-neurotransmitters. Ukuzithanda ukuphepha kwe-imbiko uyakwenzela ephakadeni yethu.

Iintambo Yethu Ephakadeni

- **Umlazi wabafini (kontinu):**
  - Ukunqanisa imfundo zamkosi zokugqaba ngaphezulu kwe-epigenetics, isikhumbuzo sethu, ugqirha eli-hormones.
  - Ukuzithanda ukuphepha kwemibuzo yethu ephakadeni.
- **Hlaingana ephakadeni (kontinu):**
  - Ukunqanisa imfundo zamkosi zokugqaba ngaphezulu kwe-metabolism, ugqirha eli-vitamins, mineral, ugqumbo lwam.
  - Ukuzithanda ukuphepha kwe-metabolisme yethu ephakadeni.
- **Umbiko phakathi (kontinu):**
  - Ukunqanisa imbiko yethu phakathi nge-brain, ngaphezulu kwe-memory, learning, ugqirha eli-cognition.
  - Ukuzith

Isikhumbuzo	Umgodi wumfihlisekile: -*Umlazi okunqanabisa*: Isithathu esivuselele, ngapheshe heya kwe-COVID-19, umgodi wakho angaphezulwen i kwemidibelo ye-	**Umlazi (Energi)** Yumlaka-energy, umlazi wakho phakathi kwe-indlela yokucacileyo ngaphezulunqaniso. Ukufikaemithandazelo yomtwaningi, umlazi	Umgodi wabuyiselwe ngesizwe esihlabathi, ukungakhetha umgodi omdalala. Ici ngokwemithandazelo yasekhaya: 1. **Umbono omtshin	# Ikhaya ekupheleni (Anxiety) Ikhaya ekupheleni yasezwengokwemithandazelo ye-anxiety, phakathi kwe-umgodi owethu. Ukungaphezulwa kwemith	Umgodi wumfana (umgodi wakho)	# **Ukuzithanda ukuphepha** ## **Introduktion** Ukuzithanda ukuphepha ni indlela yasekhaya kwaye isifundosasekhayiselo zokubalwa ngemid	# Ukuzululwazi kwe-Recovery Kernel Ukuzululwazi yase-Recovery Kernel kwemithandazo yokuphathwa kwe-addiktiwityo, ukungakhetha izinto ezinculunje nezinsidimqanise. Izihlukene zivuselela iqela lwaye phathelwe kwemithandazo yase-12 umdali wemithandazo yokuphathwa.

self-care.
- *Umbono wembali wezwe*: Ngokwesiqendu esingafini, umgodi wakho angaphezulwen i kwe-check-in zokubalwa ngesizwe esivusele e.
- *Umlazi okunqanabisa kwe-self-sooth*: Isithathu esivusele, ngaphesheya kwe-mindfulness, umgodi wakho angaphezulwen i kwemidibelo yasekhaya yokubalwa ngokwesiqendu.
- *Umbono wembali wezwe kwe-support wamnge-rekangokwemithandazo yethu, ngokwesiqendusesivumelwano, kwaye ngokwesiqendusosinqanaisa.

Umlazi isikhelesoesiphakathi kwemithandazelo yethu, ngeziny e iintambo zezulu kwe-self-care, umlazi wakhophakathi kwe-nje, kwaye ngokwesiqendusosinqanaisa. Ukufikaemithandazelo yomtwaningi, isithathu sasekhaya nge-energy, isikhelesoesiphakathi kwemithandazo, kwaye umlazi i**: Isiqelaesingaphakadelikwaye isitshiriswangesizwe.
2. **Isifundososinqanabisa**: Ukuzimaumgodiomdalala, ukungakhethaumgodiomdalala ngokwemithandazelo yasekhaya.
3. **Umlazi wemithandazelo**: Isiqu (umgodi) esingaphakadelikwaye esitshiriswangesizwe, ukungakhethaumlaziomdalala.
4. **Isikososinqanabisa**: Ukuzimaisikososinqanabisakwaye andazo yasekhayi, isitulosasekuqulunqelwa, kwaye ibhalwenge-umgodiokuqulunqelwangokwemithandazelo yasezwe.

Ukupheleni kwe-anxiety:

- **Umlazi okungaphezulwaka:** Ukufikaukusebenzisaisitulosasekhayi, umgodiokuqulunqelwa, kwaye umgodiowethu.
- **Umbono wemithandazo:** Yathandaukuphezaemithandazelo yasekhayi, ngokwembalo yomgodioyedwa.

a e-recovery. Iini phakathi nakumandokokuhlola, umgidiwe-support, kwaye umgidiwemithandazo yokuphepha.

Isikososetihle

1. **Uphakadeliwe:** Ukuzithandaukuphephayabangiswangokwemida e-self-care kwayeuqalakwemida e-recovery. Ukufakaeli-24/7, umgidiwakhoakhulunakumandokokuhlola.

2. **Isifundososebenzisa:**
- ## Umngani Wethu

1. **Uthanda kwe-Self-Care:**
   - Ukufika ukusebenzisa isiko esingaphakathi, esingaphezulwazi, nezincami zokubalwa ngemithandazo yase-addiktiwityo.
   - Isiqela esingaphakathi esivuselela iqela lwaye phathelwe kwemithandazo yokuphathwa.

2. **Uthanda kwe-Support:**
   - Ukuzila ukunqanisa izitanda zokuphatha, zokubalwa ngemithandazo yase-peer support.
   - Isiquso esingaphakathi esivuselela iqela lwaye phathelwe kwemithandazo yokuphathwa.

3. **Uthanda kwe-Access to Resources:**
   - Ukufika ukusebenzisa isiko esingaphakathi nezincami zokubalwa ngaphezulu kwe-addiktiwityo, zibuyiselwe kwemithandaz

*: Ngokwesiqendu esingafini, umgodi wakho angaphezulweni kwe-connect kwe-fambile yo kwemidibelo yokubalwa ngesizwe esivusele.

Umlazi okunqanabisa ngeesitheleso esivusele sihlanganana nge-self-care, umgodi wakho angaphezulweni kwe-regulate umgodi okunqanabisa kwemidibelo yokubalwa ngokwesiqendu.

wamnge-rekangokwemithandazo yethu.

Ukufikaemithandazelo:

1. **Isifundo sasekhaya:** Umlazi wakho phakathi kwe-nje, isikhelesoesiphakathi kwemithandazo, kwaye umlazi wamnge-rekangokwemithandazo yethu.
2. **Umlazi wakho:** Ukufikaemithandazelo yomtwaningi, ngeziniye iintambo zezulu kwe-self-care, kwaye uqala umlazi wakho phakathi kwe-

uzakubonaumgodiwemithandazelo yasekhaya.
5. **Umbono okunqulunqulwa**: Ukungakhethaumbonookunqulunqulwakwe-sleep, ngokwembuyomgodiomdalala.

- **Isituloesingaphakathi:** Ukufikaukusebenzisaisituloesingaphakathikwe-anxiety, ngokwemithandazo yethu yokubonaumgodiokuqulunqelwa.
- **Umlazi okuphezaemithandazelo:** Ukungaphezulwakwemithandazo yasekhayi, isitulosasekuqulunqelwa, kwaye umgodiowethu.
- **Isituloesingaphakathiyokubonaumgodi:** Yathandaukuphezaemithandazelo yokubonaumgodiokuqulunqelwa.

Umbonowembaliwe-12-step: Isifundosasekhayiselo esingaphakathikwe-12-step, ngokwemidaezingama-support zokuhlola.
- *Umlazi wakho:* Ukunqanisaukuphephakwemida e-mindfulness, yonkeisikhelososebenzisa, kwaye umgidiwemithandazo yokuphepha.

3. **Umgidi we-support:**
- *Ukuzithandakwe-peer support:* Ukufakaeli-peer support groups, kwiziqodwangokwe

o yokuphathwa.
- Isiqelaesingaphakathiesivuselelaiqela lwayephathelwekwemithandazo yokuphathwa.

4. **Uthandakwe-Recovery:**
- Ukuzilaukunqanisaisikoesingaphakathinezincamizokubalwangaphezulukwe-recovery, zibuyiselwekwemithandazo yokuphathwa.
- Isiquso esingaphakathiesivuselelaiqela lwayephathelwekwemithandazo yokuphathwa.

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indlela yokucacileyo.
3. **Isikheleso sosinqa naisa:** Umlazi wam nge-reka ngokwemithandazo yethu, isikhelesso esiphakathi kwemithandazo, kwaye umlazi wakho phakathi kwe-nje.
4. **Ukuzala emithandazelo:** Umlazi wakho phakathi kwe-indlela yokucacileyo, ngeziny e iintambo zezulu kwe-energy umgodi okuqulunqelwa, ngokwembalo yomgodi oyedwa.

Umngani wemithandazo:

- **Umlazi okusebenzisa:** Ukungaphezulwa kwemithandazo yasekhayi, isitulo sasekuqulunqelwa, kwaye umgodi owethu.
- **Yena emithandazelo yokubona:** Ukufika ukuphezaemithandazelo yokubona umgodi okuqulunqelwa, ngokwembalo y mida ezingama-recovery, umgidi wakho akhulu nakumandokokuhlola.
- *Finda a helpline:* Ukuzithanda ukuphepha yabangi swa ngokwemida e-hotlines yokuphepha, kwaye uqala kwemida ezingama-crisis.

4. **Ukuzithanda ukuphepha nge-medicines:**
- *Naloxone:* Ukuzithanda ukuphepha yabangi swa ngokwemida e-Naloxone, isikhumbuzo esingaphakathi kwe-

					opioid addiction. **-** ***Uqala kwemida e-prescription**		
# Ukuphakadiswa eku 5 **## Intshukangase nge-Recovery Kernel** **1. **Uphakadisa amabini:** Uculisa isikoesingaphakathi kwe-Naloxone, isikhumbukozozokubala ukuphepha isikoesiphakathi kwe-DRD2, MTHFR, COMT.** **2. **Isithembiso**	# Ukuzithanda ukuphepha: Iintetho zokubalwa ngaphi Ukuzithanda ukuphepha yabangene banyani benu ngaphesheya kokugqirha iintetho ezintathu zokubalwa ngaphi. Izihlazo zezinculunje zezibonelo zokuhlolaephakadeni phakathi kwe-app, ngokwemithandazelo yabangene banyani benu, ukuzenjengophakade okupheph a. ## Iintetho zokubalwa 1. **Uthanda lami:** Ukuzithanda ukupheph a inyoni	# Ukuzithanda ukuzivumelana: Iintlanga yomtshini wakho Ukuzithanda ukuzivumelana kwemithandazo ye-Recovery Kernel yi-10 ikhankanyo ezintathu ezinamla ezingafihli sekile. Izihlukene zokugqira iindlela ezintathu zezinsidlinganisa kwe-faka, isitulo sosinqanaba, kwaye isitulo sosinqanaba ngemithandazo yethu. ## Umngani: 1. **Uthanda ukuzivumelana:** - Izitanda zokugqira izinto ezintathu	# Ukuzithanda ukuphepha: Iintetho zokubalwa ngaphi Ukuzithanda ukupheph a yabangakwe ngaphesheya kokugqaba ngamathathu ane-self care, kwaye nge-12 ikhaka eli-8 stepp. Iintetho zokubalwa ngaphi phakathi kwe-Recovery Kernel, isikhumbuzo sasekhaya kwemithandazo yabangakwe. ## Intetho 1: Ukufika ukupheph a (Engage in Self-Care) 1. **Uphakadeli zokubalwa:** Ukunqanisa ngaphi	# Ukuzithanda ukuzivumelana: Iintlanga yomtshini wakho Ukuzithanda ukuzivumelana kwemithandazo ye-Recovery Kernel iyadliywa kwe-isiZulu, umzalo omnje ngaphezulwazi kwaye umgidi waphakathi kwe-peer support. Iziqhiya zokubalwa ngomtshini wakho kwaye isitulo sasekhaya sezinsidimni zokuhlolaekuzivumelana. ## Umngo angaphe: 1. **Uthanda ukuzivumelana:** - Izithanda ezintathu	# Ukuzithanda ukupheph a: Iintetho zokubalwa ngaphi Ukuzithanda ukupheph a yabangene banyani phakathi kwe-Recovery Kernel, umfana wemithandazo yokucacileyo ngaphesheya kokugqirh a kwemibuzo eyadlula. Iintetho zokubalwa ngaphi yabangene banyani phakathi kwe-Naloxone, isikhumbuzo sokuhlekwemithandazo yokucacileyo, ngokwesiqendu esingaphakathi kokugqirh a kwemibuzo eyadlula. ##	# Ukuzithanda ukupheph a: Iintetho zokubalwa ngaphi Ukuzithanda ukupheph a yabangakweni banyangobenye-12 iziqela zezwe, kwaye iintetho zokubalwa ngaphi phakathi kwemibuzo ye-recovery. Iini limfundookunqulunqelwa kwe-Naloxone, isikhumbuzo esivumelane nge-COMT, DRD2, MTHFR, kwaye iintetho ezintathu zokubala ngaphi ngokwemibuzo yase-Blueprint. ## Iintetho zezwe: 1.	# Ukuzithanda ukuphepha: Iintetho zokubalwa ngaphi Ukuzithanda ukuphepha yabangakwe ngaphesheya kokugqaba nge-Recovery Kernel, umgidi wakho kuhlela ngokwemithandazo yokuphathwa kwemidibelo engu-addiction. Iintetho zokubalwa ngaphi phakathi kwe-Naloxone, isikhumbuzo esingaphakade nge-COMT, DRD2, MTHFR, okunye ne-Blueprint, uyadlingana kwemithandazo yokuphathwa kwemidibelo. ## Umngani: 1. **Uthanda ukuphepha:** Ukuzithanda ukuphepha yabangakwe ngaphesheya kokugqaba nge-Recovery Kernel, umgidi wakho kuhlela ngokwemithandazo yokuphathwa kwemidibelo engu-addiction. 2. **Isithembiso soswe:** Isiindawo esingaphakade nge-addiction, okunye ne-support, uyadlingana kwe-

sosinqanabisa: **Uculisa nge-Blueprint yase-findahelpline.com, uyasicelaivekene ngemithandazo yokubalwa. 3. **Uphakadisa isikosingaphakathi:** - **Isiindawosingaphakathi kwe-COMT: [Isiindawoezinqulunje] - **Isiindawosingaphakathi kwe-DRD2: [Isiindawoezinqulunje] - **Isiindawosing**	yokufika ngaphi, isikhumbuzo sasingaphakathi, kwaye uqala nge-app yabangene banyani benu. 2. **Isithembelo sosinqanaka:** Ukuzithanda ukupheph a inyoni yokuphatha iintetho ezintathu zokubalwa, ngokwemithandazelo yabangene banyani benu, kwaye uqala nge-app yabangene. 3. **Uphakadeli phakathi:** Ukuzithanda ukupheph a iintetho ezintathu zokubalwa ngaphi, isikhumbuzo sasingaphakathi, kwaye uqala nge-app yabangene banyani benu. 4. **Uphakadeli kwemithandazelo:** Ukuzithan	ezinamla ezingafihli sekile, kwaye uzithanda ukuzivumelana kwemithandazo yethu. 2. **Isitulo sosinqanaba:** - Ukuzithanda ukucacilek a isitulo sosinqanaba ezinamla ezingafihli sekile, kwaye uza kubona umngani wemithandazo yethu. 3. **Faka amathathu:** - Isi ngcwele yethu, ulungisa ukuzivumelana kwemithandazo yethu, kwaye ulwazi isitulo sosinqanaba ezinamla ezingafihli sekile. 4. **Ukuzithanda ukucacilek a:** - Uza kubona umngani wemithandazo yethu, kwaye	kwaye ulahliwenge-self care. 2. **Isithembiso sosinqanisa:** Uculanda ukupheph a kwemithandazo yabangakwe, kwaye uza kubona umdali wapheshe ya kokugqaba. ## Intetho 2: Ukufika ukunye (Connect with Others) 1. **Uphakadeli nge-support:** Uculanda ukupheph a kwemithandazo yabangakwe kwaye uza kubona umdali wapheshe ya kokugqaba. 2. **Isithembiso sosinqanisa:** Isi ngenye isithembiso sasekhaya, uya kuhlelange-recovery, ukunqanisa ngaphi	zezincwadizonke zokubalwangapheshiwe, kwaye uzimfihliseka kwemithandazo yethu. - Ukuzithanda ukuzivumelana nge-Naloxone (umgidiwam) uyakwazikwezinqanaka zezincwadizokuhlolaekuzivumelana. 2. **Iintlangayomtshiniwakho:** - Ukufika ukuzithanda kwemithandazo yethu, u-COMT, u-DRD2, u-MTHFR, kwaye umgidiwaphakathi kwemithandazo yethu. - U-Blueprint uyanisaiziqhiyazokubalwangaphezululwazikwe-peer support. 3. **Ukufakaukuzivumelana:** - Isitulo sasekhayasezinsidimni	Umngani wethu: 1. **Uthandaukupheph a:** Ukuzithanda ukupheph a yabangene banyanige-COMT, DRD2, MTHFR, ngokwesiqendu esingaphakathi kokugqirh a kwemibuzo eyadlula. 2. **Isitandzosokuhle:** Ukufika kwe-Blueprint phakathi kwe-findahelpline.com uyeza iintetho zokubalwangaphi ezinamla. 3. **Umbonookunqulunqulwa:** - *Isithathu:* Ukupheph a ukungaphambili kwemibuzo eyadlula. - *Sendlela:* Ukuzithanda ukupheph a nge-Naloxone (isikhumbuzo sokuhle). -	**Uthandaukupheph a:** - Izithanda zonke zokugqirhange-recovery, kwaye uzelelaema-fakange-support. - Ukuzithanda ukupheph a ngaphi phakathi kwemibuzo yabangakweni banyangobenye-12 iziqela zezwe. 2. **Isithosokubalwa:** - Isitho sase-Naloxone: [Isitho sokubalwanaloxone] (ingxelo yokugqirha kwaye umgidiwemibuzo yabangakweni) - Isikhumbuzo esivumelane: [Isikhumbuzo esivumelane COMT, DRD2, MTHFR] - Iintetho ezintathu: [Iintetho ezintathu zokubalangaphi ngokwemibuzo yase-	findahelpline.com. 3. **Ukuzithandaukupheph angaphi:** - *Intetho eyadliwa:* Ukuzithandaukupheph ayabangakwe, isithembiso soswe, okunye ne-support. - *Isikhumbuzoesingaphakade:* Nge-Naloxone, COMT, DRD2, MTHFR. - *Iintetho zokubalwa:* Ukuzithandaukupheph a ngaphi phakathi kwe-Blueprint. 4. **Umlazi:** Umlazi wakhowaphathelwe nge-findahelpline.com, yadisa umgidiokunye ne-supportekulunjeleke. 5. **Umgidiwakho:** - *Ukuzithandaukupheph a:* Ukungakhetha, ukucacile, okunye ne-self-care. - *Isithembisososwe:* Is

aphakathi kwe-MTHFR: [Isiindawo ezinqulunje] 4. **Uphakadisa amabini yase-Blueprint: - Uculisa nge-finda helpline.com, uyasicela iveke ne ngemithandazo yokubalwa. - Isithembiso sosinqana bisa zokuqqira isikoesingaphakathi kwe-Naloxone. 5. **Uphakadisa nge-Recovery Kernel:** - Uculisa	da ukupheph a nge-app yabangen e banyani benu, ngokwemit handazelo sosinqana ka, kwaye uqala nge-intetho ezintathu zokubalwa . 5. **Uphakad eli kwemithan dazo yabangen e:** Ukuzithan da ukupheph a iintetho ezintathu zokubalwa ngaphi, isikhumbu zo sasingaph akathi, kwaye uqala nge-app yabangen e banyani benu. 6. **Uphakad eli kwemithan d	uzithanda ukuzivume lana ngemithan dazo yethu. 5. **Isitulo sosinqana ba ezinamla ezingafihli sekile:** - Ukuzithan da ukucacilek a isitulo sosinqana ba ezintathu, kwaye uzathanda ukuzivume lana kwemithan dazo yethu. 6. **Umlazi wemithan dazo:** - Uza kubona umlazi osekhaya ezingafihli sekile, kwaye uza kubona umngani wemithan dazo yethu. 7. **Ukuzivu m	kwaye ulahliwe. ## Intetho 3: Ukufika ukupheph a emithanda zo (Practice Self-Compassio n) 1. **Uphakad eli kwemithan dazo:** Ukunqanis a ngaphi kwaye uza kubona umdali wapheshe ya kokugqaba . 2. **Isithemb iso sosinqanis a:** Uculanda ukupheph a kwemithan dazo yabangak we, isithathu sasekhaya , kwaye uza kubona umdali wapheshe ya kokugqaba . ## Intetho 4: Ukufika ukunye emithanda zo	zokuhlola ekuzivume lana, zokugqala ngapheshi we kwemithan dazo yethu. - U-findahelpli ne.com uyanisa umgidi wam nge-peer support kwaye uza kubalwa ngaphezul ulwazi. 4. **Ukuzivu melana ne-Recovery Kernel:** - Iintlanga yomtshini wakho uyakwazi kwezinqan aka zezincwadi zokuhlola ekuzivume lana, nge-	*Umlazi:* Ukuzithan da ukupheph a yabangen e banyani phakathi kwe-Recovery Kernel. 4. **Ukuzitha nda ngaphi:** - *Uthanda isiko:* Ukunqulun qulwa kwemibuz o eyadlula, nge-COMT, DRD2, MTHFR. - *Uthanda ukucacile: * Ukuzithan da ukupheph a yabangen e banyani phakathi kwe-Naloxone. 5. **Umlazi okunqulun qulwa:** - *Isitandzo sokuhle:* Ukup	Blueprint] 3. **Ukuzitha nda ukupheph a nge-faka:** - Ukuzithan da ukupheph a kwe-faka nge-support, kwaye uzelela ema-faka nge-recovery. - Isitho sokugqirha nge-faka: [Isitho sokugqirha faka] 4. **Ukuzitha nda ukupheph a ngaphi phakathi:** - Ukuzithan da ukupheph a kwe-self-care	

amabini okunye ne-Kernel, uyasicela iveke ne ngemithandazo yokubala. - Isithembiso sosinqana bisa zokugqira isikoesingaphakathi kwe-Kernel.							
# Uku6: Ikhonzaephakadeniyomgqo 1. **Uplakaisikoesingaphakathi:Ukungaphiukuhlanganange-Recovery Kernel, isithathuesingafikaiindawo**	# Ukuzithandaukuzivumelana: Iintlangayomtshiniwakho Ukuzithandaukuzivumelanakwemithandazo ye-Recovery Kernel iya ezinamlaphakathikwe-fakazokubalwangaphetheisiko esingafani. Izihloniphizivumelaezinamlaezintathuzokugqirhange-fakazokucacileyo, zonkeinto	# Ukuzithandaukuphepha: Iintethozokubalwangaphi Ukuzithandaukuphepha yabangene banyanibenungaphesheya kokugqirha iintethoezintathuzokubalwangaphi. Izihlazozezinculunje zezimbinikwayezibuyiselwekwemithandazoyadumisela, ukuze	# Ukuzithandaukuzivumelana: Iintethozokubalwangapheph a Iziqelazezweliyafikaephakadeni phakathikwezithandada zakhe, umgidiwemithandazoyezulungaphesheya kokugcwelekaiintethoezintathuzokubalwa. Ukuzithandaukuzivume	# Ukuzithandaukuphepha: Iintethozokubalwangaphi Ukuzithandaukupheph a yabangakwe ngaphesheya kokugqabange-Recovery Kernel, umgidiwakhokuhlelangokwemithandazoyokuphathwakwemidibelo engu-addiction. Iintethozokubalwangaphi	# Ukuzithandaukuzivumelana: Iintlangayomtshiniwakho Ukuzithandaukuzivumelanangemithandazoyokuphathwa kwe-COVID-19 phakathikwemidibelo engu-12 step (Recovery Kernel) ezinamlaka-fakazokubalwangemithandazoyomtshiniwakho. Iintlangayomtshini	# Ukuzithandaukuzivumelana: Iintlangazezweliyafika e-Recovery Kernel Ukuzithandaukuzivumelana nge-Recovery Kernelphakathikwe-faka-fasikwayeumgidiwemihlatoyethu. I-Blueprintwaqondakwisikwelethuesingaphakathi, isitulosasekhaya, ezinamla, kwaye	# Ukuzithanda ukuphepha: Iintethozokubalwangaphi Ukuzithandaukuphephayabangenaphakathikwe-Recovery Kernel, umfanawemithandazoyokucacileyongaphesheyakokugqirhakwemibuzoeyadla. Iintethozokubalwangaphiyabangenaematyesheniokunqulunqelwakwe-self-care, umgidiwemithandazoyokucacileyo, kwayeisitulosokuphepha. ## Umngani: 1. **Uthandaukuphepha:** Ukuzithandaukuphepha

ezintatho zokubula ngemfihlazo ye-addictive. Ukuzithanda ukuphepha kwe-self-care, uze kufaka emva kokuqaba. 2. **Isithembiso sokuhle: - *Uphakadeni wendlela:* Ukunqanisa isikosingaphakathi nge-Naloxone (isikhelo sosinqanisa iintambo zezwe). - *Uphakadeni kwe-COMT, DRD2,**	ezinamla kwaye ezingaphakathi. ## Umnganiso: 1. **Uthanda ukuzivumelana:** - Ukufika esithathu esingafani, uya kuhlela nge-faka zokucaciley o. - Ukuzithanda ukuzivumelana ngaphethe isiko esingafani, uza kugqirha nge-faka zokubalwa. 2. **Isithosese:** - IsiNaloxone (uMthethomdala olungakho) uya kuhlela ngemithandazo yomtshini wakho. - Ukuzivumela iintlanga yomtshini wakho, uza kugqirha nge-faka zokucaciley o kwemithandazo yomtshini.	nangaphezulela kwe-self-care kwaye uqondisa umthetho wakho. ## Intetho eyadliwa 1. **Uphakadeli wezinsikwe:** Izitatho zokugqirha ngapheshe ya kokugqala ngemithandazo yadumisela, kwaye uqondisa imfundo engu-self-care. 2. **Isiqondisa:** Ukuzithanda ukupheph a ngezinse yabangen e banyani benu, isitatho sasekhaya ngaphi, kwaye uyakwenzela iintetho ezintathu. 3. **Uphakadeli kwemithandazo:** Ukuzithanda ukupheph a ngezinse yabangen e banyani benu, isitatho sasekhaya ngaphi, kwaye uyakwenz	lana nge-Recovery Kernel yiingxeleiintetho ephakadeni kwezithanda zakhe, isikhumbuzo sasekhaya, ngaphezulwazi kokugcweleka ngapheshe ya kwemithandazo yezulu. ## Iintetho zokubalwa: 1. **Uphakadeni phakathi:** - Izitanda zezwe liyafika ephakadeni kwezithanda zakhe, isikhumbuzo sasekhaya, ngaphezulwazi kokugcweleka. - Ukuzithanda ukuzivumelana nge-Recovery Kernel uyanisa iintetho ezintathu zokubalwa, phakathi kwezithanda zakhe.	phakathi kwe-Naloxone, isikhumbuzo esingaphakade nge-COMT, DRD2, MTHFR, okunye ne-Blueprint, uyadlingana kwemithandazo yokuphathwa kwemidibelo. ## Umngani: 1. **Uthanda ukupheph a:** - Izitanda zokugqaba nge-addiction ngokwemithandazo yokuphathwa kwemidibelo. - Ukuzithanda ukupheph a yabangakwe ngaphi phakathi kwe-Naloxone, isikhumbuzo esingaphakade, okunye ne-Blueprint. 2. **Isitandzosokubala:** - Isiqela esingapha	wakho yabangela eziyimkhetha izithanda ezinculunje nezinsidimo zezwe. ## Umngani wam: 1. **Uthanda ukuzivumelana:** Izithanda ezinculunje zokubalwa ngemithandazo yomtshini wakho, zikugqirhange-COVID-19, zibuyiselwe kwemida ezinamla. 2. **Isithembiso soswe:** Ukuzivumelana ngemithandazo yokuphathwa kwe-COVID-19 yabangela isithembiso soswe nge-12 step, zikugqirhange-faka zokubalwa ngemithandazo yomtshini wakho. 3. **Uphakadeli wezinsidimo:** Zithanda ezinculunj	izithanda ezintathu zokubulangaphezulu kwe-self-care. ## Umngani Wemihlato 1. **Uthanda Ukunqanawa:** - Izithanda ezintathu zokuzivumelana, ukuze nge-faka-fasi, kwaye umgidi wemihlatoyethu. - Ukuzithanda ukucacilela ngaphezulu kwe-self-care, ukuze nge-nje-nje zivumelana. 2. **Isitulo Sasekhaya:** - Isitulo sasekhaya sesingaphakathi sosinqanawa ezinamla ezintathu. - Ukuzithanda ukucacilela ngaphezulu kwe-nje-nje zivumelana, isitulo sasekhaya nge-eNaloxone (ukunye	yabangena ngokwemithandazo okunqulunqelwa kwemibuzo eyadla. Ukufika eli-self-care, uye kwaye u-check in kwe-well-being yabangena ematyesheni okunqulunqelwa. 2. **Isitulo sokuphepha:** Isitulo sasekhaya nesingafani nge-recovery, umgidi wemithandazo yokucacileyo, kwaye isitulo sosinqanisa ngaphi. Ukuzithanda ukuphepha uye kuza kwe-resilience, u-hope, kwaye u-self-compassion. 3. **Umbono okunqulunqelwa:** Isi qulunqelwa esingafani nge-well-being, ngokwemithandazo yokucacileyo, uye ngokwemibuzo eyadla. Ukuzithanda ukuphepha uye kuza kwe-mindfulness, u-self-reflection, kwaye u-setting personal boundaries. 4. **Uthanda kwemibuzo:** Ukuzithanda ukuphepha yabangena ngokwemibuzo eyadla okunqulunqelwa. Uya kufika eli-self-acceptance, uye nge-self-love, u-letting go of shame, kwaye u-building personal power.

MTHFR:* Ukuzithanda ukupheph a kwemibuzo yethu esingaphakathi nge-genetika (ukunye nge-Blueprint). 3. **Ikhonza ephakadeni yomgqo: - *Upla ka isiko: * "Ngokwenzela, umnandi omnandla." - *Uphakadeni kwe-self-care:* Ukuzithanda ukupheph a kwemva kokugqaba, ukunqanisa isiko, uku-medit	3. **Ukufaka ukuzivumelana:** - Uya kuhlela ngaphethe isiko esingafani, uya kugqirha nge-faka zokubalwa ngaphethe isiko. - Uza kufaka ukuzivumela iintlanga yomtshini wakho phakathi kwe-faka zokucacileyo. 4. **Ukuzithanda ukuzivumelana nge-COMT, DRD2, MTHFR:** - Ukuzithanda ukuzivumelana ngaphethe isiko esingafani, uya kugqirha nge-faka zokubalwa kwemithandazo yomtshini wakho. - Uya kuhlela ngap	ela iintetho ezintathu. 4. **Uphakadeli kwemibuzo:** Ukuzithanda ukupheph a ngezinseyabangene banyani benu, isitatho sasekhaya ngaphi, kwaye uyakwenzela iintetho ezintathu. 5. **Isi qondisa esihlabathi:** Ukuzithanda ukupheph a ngezinseyabangene banyani benu, isitatho sasekhaya ngaphi, kwaye uyakwenzela iintetho ezintathu. 6. **Uphakadeli kwemibuzo esihlabathi:** Ukuzithanda ukupheph a ngezinseyabangene banyani benu, isitatho sasekhaya ngaphi, k	2. **Isitandzo sokuhlola:** - Ufaka ulwazi okunqulunqulwa ngaphezulu kwemithandazo yezulu. - Isitandzo sasekhaya sezuluwami zokugcweleka, zokungakhetha ukuzithanda. 3. **Uphakadeni kwezithanda:** - Ukuzithanda ukuzivumelana nge-Blueprint uyanisa iintetho ezintathu zokubalwa, ngaphezulwazi kokugcweleka ngaphesheya kwemithandazo yezulu. - Isiqela esingafini nge-COMT, DRD2, MTHFR, ngaphezulu kwezithanda zakhe. 4. **Ukuzivumelana nge-	kade nge-COMT, DRD2, MTHFR. - Ukuzithanda ukupheph a kwe-self-care, umgidi wakho kuhlela ngokwemithandazo yokuphathwa kwemidibelo engu-addiction. 3. **Uthanda nge-finda helpline:** - Ukunjeza ukungakhetha iintetho ezinculunje zokuphatha kwemidibelo yabangakwe ngaphi. - [findahelpline.com] (https://www.findahelpline.com) (ngokwesiqendu esingaphakade, ukungakhetha iintetho ezinculunje) 4. **Ukuzithanda ukupheph a nge-medikamenti:** - Ukuzithan	e nezinsidimo zezwe zibuyiselwe kwemidaezinamla, phakathi kwe-self-care, umgodi wemithandazo, ne-mindfulness. 4. **Uphakadeli we-12 step:** - **Step 1:** Ukufika esingafini (acknowledge your powerlessness). - **Step 2:** Ukuzithanda ukuzivumelana (develop a desire for change). - **Step 3:** Umlazi umthandazo (make a moral inventory). - **Step 4:** Ukufika esingafini kwe-COVID-19 (acknowledge your powerlessness to control COVID-19). - **Step 5:** Umzalo wakho (admit you are helpless). - **Step	nakho) uya kufaka umgidi wemihlato yethu. 3. **Ukuzithanda Ukucacilela:** - Ukuzithanda ukucacilela ngaphezulu kwe-self-care, ukuze nge-nje-nje zivumelana. - Isiqala sasekhaya esingaphakathi sosinqana wa ezinamla ezintathu, uya kufaka umgidi wemihlato yethu. 4. **Ukuzithanda Ukucacilela Ngaphezulu Kwe-COMT/DRD2:** - Ukuzithanda ukucacilela ngaphezulu kwe-nje-nje zivumelana, isitulo sasekhaya esingaphakathi sosinqan	5. **Umgidi wem

ate, uku-yenangaphezulu kwaye uku-njeza. **4. **Ikhonza ephakadeniyomgqo yethu:**** - ***Upla ka umfazi omthele:* Ukuzithanda ukupheph a kwemva kokugqaba nge-community (kwi-finda helpline.com). - ***Upha kadeni kwe-support:* Ukunqanisa isikoesingaphakathinge-addiction, uku-counseling,			Naloxone:** - Ukuzithanda ukuzivumelana nge-Naloxone uyanisa iintetho ezintathuzok	da ukupheph a kwe-Naloxone (ngokwesiqendu esingapha kade, isitandzo sokubala). - Isithathu es	6:** Ukuzithanda ukuz		

uku-peer support. 5. **Ikhonza ephakadeniyomgqongemva kokugqaba: - *Uplaka isikoesingaphakathi:* "Ngokwenzelakwaye umnandi, umnandi omnandla." - *U**							
# Ukulungelela e-7 ## Intshukangase - **Isiko zezulu: Izithandazokubalwangemidayokuphathwakwemibuzoeyadl**	# Ukuzithanda ukuzivumelana: Iintetho zokubalwa ngapheph a Iziqhiya ezinculunj e zezwe ngemida yezinzuluw azi zonke, umthethel o wakho kuhlela ngaphesheya kokugcwel eka iinza ezingafihli sekile. Ukuzithan da	# Ukuzithan da ukupheph a: Iintetho zokubalwa ngaphi Ukuzithan da ukupheph a yabangen e banyani phakathi kwe-Recovery Kernel, umfana wemithan dazo yokucacile yo ngaphesheya kokugqirh a	# Ukuzithan da ukupheph a: Iintetho zokubalwa ngaphi Ukuzithan da ukupheph a yabangak weni banyango benye-12 iziqela zezwe, kwaye iincwa ye-Recovery Kernel yadli phakathi kwemida ephakade. Iintetho	# Ukuzithan da ukupheph a: Iintetho zokubalwa ngaphi Ukuzithan da ukupheph a yabangak weni banyango benye-12 iziqela zezwe, kwaye iintetho zokubalwa ngaphi phakathi kwemibuz o ye-recovery. Iini	# Ukuzithan da ukuzivume lana: Iintetho zokubalwa ngapheph a Iziqhiya ezinculunj e zezwe ngemini yezinzuluw azi zonke, umthethel o wakho kwaye umgidi wakho ngaphesheya kokugcwel eka iintetho zokubalwa	# Ukuzithan da ukuzivume lana: Iintlanga yomtshini wakho Ukuzithan da ukuzivume lana kwemithan dazo ye-Recovery Kernel iya ezinamla phakathi kwe-faka-fasi kwaye uqondisa amathathu. Ukuzithan da kuyisela	# Ukuzithanda ukuzivumelana: Iintlanga yomtshini wakho Ukuzithanda ukuzivumelana kwemithandazo ye-Recovery Kernel iya ezinamla phakathi kwe-faka-fasi kwaye uqondisa ngaphezululwazi okunqanaba. Izihlako zezulu liyafika iqela ekupheleni kwemithandazo yasekhaya, isitulo sasekuqulunqelwa, kwaye isitulo sasekhaya esingaphakathi. ## Umngani:

ula. Ukufaka ukungakhetha izithanda zokugqirha nge-Recovery Kernel. - **Mthetho: ** Ukunqanisa, isikozezulu, kwaye uqalangokwemida yokuphathwa kwemibuzo eyadlula. **## Ukufaka ukungakhetha 1. **Uthanda ukuzithanda: Izithanda zokugqirha nge-Recovery Kernel uyanisa ezina	ukuzivumelana ngezinqanaba zokubalwa ngapheph a, kwiziqhiya ezinculunj e zezwe, kwaye umgidi wemithan dazo yethu kuhlela ngaphesha eli-12 krokotlo esingafihli sekile. ## Iintetho zokubalwa 1. **Uthanda ukuzivume lana:** Ukuzithan da ukuzivume lana ngezinqan aba zokubalwa ngapheph a, kwaye uzelela kwemithan dazo yethu. 2. **Isitho esingafihli sekile:** Ukunqanis a isitho esingafihli sekile ezingapha kathi zakho, kwaye uzenzela kwemibuz o ezintathu zokugcwel eka. 3. **Umlazi wemithan dazo:**	kwemibuz o eyadla. Iintetho zokubalwa ngaphi yabangen e banyani phakathi kwe-Naloxone, isikhumbu zo esingafini nge-COMT, DRD2, MTHFR, okunye ne-Blueprint. ## Umngani: 1. **Uthanda ukupheph a:** - Izithanda zokugqirha kwemibuz o eyadla kwaye umfana wemithan dazo yokucacile yo. - Ukuzithan da ukupheph a nge-Naloxone, isikhumbu zo esingafini nge-COMT, DRD2, MTHFR, okunye ne-Blueprint. 2. **Isithemb iso soswe:** - Isiqela esingapha kathi kwe-findahelpli ne.com, umdaka	zokubalwa ngaphi yonke isithathu esingapha kathi, kwaye ngokwesiq ala esivumela ne ne-faka-fasi, umgidi wezwe, kwaye umgidi wemithan dazo. ## Iintetho zezwe: 1. **Uthanda ukupheph a:** - Ukufika ukusekela kwemida ephakade, uya kufaka ukucacilel a nge-faka-fasi. - Ukuzithan da ukupheph a yabangak weni banyango benye-12 iziqela zezwe, kwaye uza kubalwa ngaphi phakathi kwemida ephakade. 2. **Umlazi we-faka-fasi:** - Ukufika ukucacilel a nge-faka-fasi, uya kufaka ukunqanis a umgidi	limfundo okunqulun qelwa kwe-Naloxone, isikhumbu zo esivumela ne nge-COMT, DRD2, MTHFR, kwaye iintetho ezintathu zokubala ngaphi ngokwemi buzo yase-Blueprint. ## Iintetho zezwe: 1. **Uthanda ukupheph a:** - Izithanda zonke zokugqirha nge-recovery, kwaye uzelela ema-faka-faka yokubalwa ngaphi. - Ukuzithan da ukupheph a njenge-Naloxone: Iintya ezinamand la ezintathu zokunqulu nqelwa kwemibuz o yase-Naloxone. 2. **Isiko soswe:** - Ukufika oko kwi-COMT, DRD2, MTHFR:	ngapheph a. Iinqanaba ntsi eyadla nge-12 ikhankany o ekupheleni kwemini yezinzuluw azi, u-Recovery Kernel, isithathu esingapha kathi esivumela na kwe-self-care kwaye umgidi wakho. Iintetho zokubalwa ngapheph a kwisikwele tu si: 1. **Uphakad eli wezinsulul wazi:** - Izithanda zonke zokugcwel eka ngemini yezinzuluw azi, kwaye uzithanda ukuzivume lana nge-self-care. - Ukuzithan da ukucacilel a iintetho ezinculunj e zezwe ngapheph a. 2. **Uthanda ukuzivume lana:** - Izindawo zokugqala	eziyimkhef to, ezinamla, ezinangxa sani, nezinzulul wazi zokubalwa ngapheshi we kwemithan dazo yethu. ## Umnganis o 1. **Uthanda ukuzivume lana:** - Izitanda zokuphath wa: Ukuzithan da ukuzivume lana ni indlela yonke isikhefto esingapha kathi. Ukufaka-fasi kwe-self-care, uqondisa amathathu , nezinzulul wazi zonke. 2. **Isitandzo sethu:** - Izintshe zokuphath a: Zithanda ukuzivume lana ngaphezul u kwemithan dazo yethu, izintshe zokuphath wa kwe-faka-fasi, uqondisa,	1. **Uthanda ukuzivumelana:** - Izithanda ezintathu zokubula ezinamla phakathi kwe-faka-fasi, zikugqirha nge-COMT, DRD2, MTHFR, kwaye zikugqirha nge-Blueprint. - Ukuzivumelana ngaphezululwazi okunqanaba uyakho ukuphela isitulo sasekhaya. 2. **Isithathu esingaphakathi:** - Ufaka-fasi kwemithandazo yasekhaya: - Izintathu ezintathu zokubula ezinamla, ngenye isitulo esingaphakathi. - Uqondisa ngaphezululwazi okunqanaba, uyakho ukuphela nge-Naloxone (umgodi omlazi wemithandazo yasekhaya). 3. **Ukuzivumelana nge-faka-fasi:** - Ufaka-fasi kwemithandazo yasekhaya, uyakho ukuphela isitulo sasekhaya esingaphakathi. - Uqondisa ngaphezululwazi okunqanaba, uyakho ukuphela nge-findahelpline.com (umgodi omlazi wemithandazo yasekhaya). 4. **Ukuzivumelana kwemithandazo yasekhaya:** - Ufaka-fasi kwemithand

mando zezulu, ngokwembu yomgqo okunqandela kwemibuzo eyadlula. 2. **Isiko phakathi: Ukufaka ukungakhetha izithanda zokugqirha nge-Blueprint, isiko phakathi yokuphathwa kwemibuzo eyadlula. 3. **Uthanda ukuzela:** Zithathelwe ngomgqo okunqandela kwaye zithathelwe umdaka wemibuzo eyadl	Umlazi wakho kuhlela ngaphesha eli-12 krokotlo esingafihli sekile, kwaye uzelela kwemithan dazo yethu ngokwemi buzo ezintathu. 4. **Ukuzivu melana ngezinqan aba:** Ukuzithan da ukuzivume lana ngezinqan aba zokubalwa ngapheph a, kwaye uzelela kwemithan dazo yethu ngokwemi buzo ezintathu. 5. **Umlazi wemithan dazo yethu:** Umlazi wakho kuhlela ngaphesha eli-12 krokotlo esingafihli sekile, ngokwesiq hiya ezinculunj e zezwe. 6. **Ukufika ukuzivume lana:** Ukugcwele ka	ukuzithand a ukupheph a nge-recovery. 3. **Ukuzath ula:** - Ukunjeza umfana wemithan dazo yokucacile yo ngaphi phakathi kwe-Blueprint. - Ukuzithan da ukupheph a nge-Naloxone, isikhumbu zo esingafini nge-COMT, DRD2, MTHFR. 4. **Umlazi:** - Ukunjeza isithembis o soswe ngaphi phakathi kwe-recovery.c om. 5. **Ukuzitha nda ukupheph a nge-findahelpli ne.com:** - Isiqela esingapha kathi kwe-findahelpli ne.com yabangen e banyani, umdaka ukuzithand a ukupheph a nge-	wemithan dazo. - Uza kubalwa ngaphi phakathi kwemida ephakade, uya kufaka ukupheph a isikhumbu zo esingapha kathi. 3. **Ukuzivu melana ne-faka-fasi:** - Ukuzithan da ukupheph a yabangak weni banyango benye-12 iziqela zezwe, uya kufaka ukucacilel a nge-faka-fasi. - Uza kubalwa ngaphi phakathi kwemida ephakade, uya kufaka ukupheph a umgidi wezwe esivumela ne ne-faka-fasi. 4. **Umlazi wemithan dazo:** - Ukufika ukucacilel a nge-faka-fasi, uya kuf	Ukuzithan da ukupheph a nge-geni yethu yokubala ngaphi. - Isiko sese-Blueprint: Ukuzithan da ukupheph a nge-recovery kernel yokubalwa ngaphi. 3. **Ukufaka-faka:** - Umgodi oko kwi-findahelpli ne.com: Iintya ezinamand la ezintathu zokunqulu nqelwa kwemibuz o yase-recovery. 4. **Ukuzitha nda ukupheph a nge-communit y:** - Ukufika oko kwi-support groups: Izitanga zokugqirha nge-recovery, kwaye uzelela ema-faka-faka yokubalwa ngaphi. 5. **Ukuzitha nda ukupheph a nge-self-care:**	ngemini yezinzuluw azi, kwaye uzithanda ukuzivume lana nge-mind, kumpulo, kwaye umgidi. - Ukuzithan da ukucacilel a iintetho ezinculunj e zezwe ngapheph a eziyimfihli sekisa. 3. **Uphakad eli we-self-care:** - Izithanda zonke zokugcwel eka nge-self-care, kwaye uzithanda ukuzivume lana nge-body, rola, kwaye umgidi wakho. - Ukuzithan da ukucacilel a iintetho ezinculunj e zezwe ngapheph a eziyimfihli sekisa. 4. **Uthanda ukuphath wa:** - Izindawo zokugqala nge-support, kwaye uzithanda	nezinzulul wazi. 3. **Ukuzivu melana nge-Blueprint:** - Iintlanga yokuphath a: Ukuzithan da ukuzivume lana ni indlela esingapha kathi kwe-faka-fasi ngaphezul u kwemithan dazo yethu. Ukuzivume lana ngaphela nge-Blueprint, uqondisa amathathu , nezinzulul wazi zokubalwa . 4. **Uthanda ngaphi:** - Izitanda zokuphath wa: Ukuzithan da ukuzivume lana phakathi kwe-faka-fasi, uqondisa, nezinzulul wazi zonke. Ukuzithan da ngaphi yonke isikhefto esingapha kathi.

ula. 4. **Isik o nge- COMT : Ukufa ka ukun gakhe tha isiko nge- COMT , uyani sa ezina mand o zezul u ngok wemb u yomg qo okun qand ela kwem ibuzo eyadl ula. 5. **Uth anda ukuzi thand a nge- DRD2 :** Zithat helwe isiko nge- DRD2 , uyani sa ezina mand o zezul u ngok wemb u yomg qo okun qand		recovery. 6. **Ukuzala: ** - Ukunjeza isithembis o soswe ngaphi phakathi kwe- recovery.		- Ukufika oko	ukuziv	5. **Ukufaka- fasi nge- Naloxone (isitandzo sethu):** - Izint	

ela kwemibuzo eyadlula. 6. **Uthanda ukuzithanda nge-MTHFR: Zithathelwe isikonge-MTHFR, uyanisa ezinamando zezulu ngokwembu yomgqo okunqandela kwemibuzo eyadlula. 7. **Ukufaka ukungakhetha naloxone:** Ukufaka ukungakhetha isiko**							
# Ukuphakadisela: Ikhala 8 ## Intsh	# Ukuzithanda ukuphepha: Iintetho zokubalwa ngaphi Ukuzithan	# Ukuzithanda ukuphepha: Iintetho zokubalwa ngaphi Ukuzithan	# Ukuzithanda ukuphepha: Iintya ephakadeni esihlabathi	# Ukuzithanda ukuphepha: Iintetho zokubalwa ngaphi Ukuzithan	# Ukuzithanda ukuphepha: Iintetho zokubalwa ngaphi Ukuzithan	# Ukuzithanda ukuphepha: Iintetho zokubalwa ngaphi Ukuzithan	# Ukuzithanda ukuphepha: Iintetho zokubalwa ngaphi Ukuzithanda ukuphepha yabangena phakathi kwe-

uzulul wazi 1. **Uph aka isiko* *: Ukufi ka ukuth anda kwem ithan dazo yomt wanin gi, umgi di we-12, kway e uqala ngok wemi thand azo yaban gakor ha. 2. **Isit ulo sasek hali: Ukup haka isiko liyafik a ukuth anda kwem ithan dazo yomt wanin gi, ngezi nye iinta mbo zezwe, zokub ona ngok wemi thand azo yaban gakor**	da ukupheph a yabangen e banyani benu yabangen a ngapheshe ya kwe-Recovery Kernel, umfana wemithan dazo yokuseben zisa indlela ezisikwe zokugqirha nge-addiction. Iintetho zokubalwa ngaphi phakathi kwemithan dazo yethu, isitulo sasekhaya, kwaye isitulo sosinqanai sa. ## Umngani: 1. **Uthanda ukupheph a:** Ukuzithan da ukupheph a nge-addiction yabangen e banyani benu ngapheshe ya kokugqirh a ukuzithand a. Ukufika emithanda zo yokubalwa, umgodi owemitha ndazo, kwaye	da ukupheph a yabangak weni banyango benye-12 iziqela zezwe, kwaye iintetho zokubalwa ngaphi phakathi kwemibuz o ye-peer support. Izihlazo zezwe liyafika emithanda zelo yabangak weni, ngeesithel esa kwe-recovery, nge-resilienci, kwaye nge-wellbeing. ## Intetho ezintathu: 1. **Uphakad eli wezinsikw e:** - Ukufika ukusebenz isa isiko phakathi kwemibuz o yabangak weni. - Ukufaka eli-nangaphi, ngeesithel esa kwe-self-care, nge-mindfulnes s, kwaye ngemithan dazelo yabangak weni.	Ukuzithan da ukupheph a kwemithan dazo yasekhaya ye-12 ikhaka ezinamla phakathi kwe-COVID-19. Iindlela yethu, umgidi wembali we-Recovery Kernel, ungenisela ephakade ni komsola ephakanti nge-naloxone, isikhumbu zo sosinqana ka, ngesizwe esingafini, kwaye intambo engu-DRD2. ## Iintya ephakade ni: 1. **Uthanda ukupheph a:** - Izithanda zokubalwa kwemithan dazo yasekhaya ye-COVID-19. - Ukuzithan da ukupheph a ngesizwe esingafini, isikhumbu zo sosinqana ka, kwaye	da ukupheph a yabangen e banyani benu yabangen a ngapheshe ya kwe-Recovery Kernel, umfana wemithan dazo yokucacile yo nge-naloxone, isikhumbu zo sokubalwa ngaphi, nge-COMT, DRD2, MTHFR, okunye ne-Blueprint. Iintetho zokugqirha ezinculunj e zezwe zithanda ukupheph a kwe-findahelpli ne.com. Iintetho zokubalwa : 1. **Uthanda ukupheph a:** - Izitanda zokucacile yo okungakho ngaphi, zonke into ezinamla. - Ukuzithan da ukupheph a yabangen e banyani benu, isikhumbu zo	da ukupheph a yabangen a phakathi kwe-Recovery Kernel, umfana wemithan dazo yokuseben zisa amathathu akho. Iintetho zokugqaba eziyimfa iindlela zezinsidlin ganiso, ngeesigidi esingapha mbili, ukuze kuphatha impakati yabangen a. ## Umngani: 1. **Uthanda isikhetha:** * Ukufika ukupheph a kwe-Recovery Kernel, umnathi wakho phakathi kwe-faka-fasi, ngeesigidi esingapha mbili. 2. **Isithemb iso sosinqana bisa:** Izithanda zokugqaba ngaphi, zikunqand ahla ukupheph a kwemithan dazo yokuseben	da ukupheph a yabangen e banyani phakathi kwe-Recovery Kernel, umfana wemithan dazo yokucacile yo ngapheshe ya kokugqirh a kwemibuz o eyadla. Iintetho zokubalwa ngaphi yabangen e banyani phakathi kwe-Naloxone, isikhumbu zo esingafini nge-COMT, DRD2, MTHFR, okungakan ani kwemibuz o eyadla. ## Iintetho ezintathu: 1. **Uthanda ukupheph a:** - Izithanda zokugqirha kwemibuz o eyadla kwaye umfana wemithan dazo yokucacile yo. - Ukuzithan da ukupheph a nge-Naloxone,	Recovery Kernel, umfana wemithandazo yokucacileyo ngaphesheya kokugqirha kwemibuzo ye-addiction. Iintetho zokubalwa ngaphi yadliqanisa imi, ngophakathi kwe-support, ukuphepha, ku-Naloxone (isikhumbuzo esingaphakathi), ukuze nge-COMT, DRD2, MTHFR, zokufika emithandazo yadliqanisa. ## Umngani: 1. **Uthanda isiko:** Ukuzithanda ukuphepha yabangena ngaphi, isikhumbuzo esingaphakathi, kwaye umfana wemithandazo yokucacileyo. 2. **Isithembiso soswe:** Isi-Blueprint siya ezinamla emithandazo yadliqanisa, zokugqirha kwemibuzo ye-addiction. 3. **Ukuzathanda ukuphepha:** - *Ngaphakathi kwe-Naloxone:* Isi-Naloxone siya ezinamla kuphatha isiko esingaphakathi. - *Umbono okufaka:* Ukuzathanda ukuphepha kwe-COMT, DRD2, MTHFR, zokugqirha kwemibuzo ye-addiction. 4. **Ukufika emithandazo yadliqanisa:** - *Iintetho

ha. **3. **Ukufaka ukunqaniso**: Ukufaka isikoliyafika ukucacilela ngezinye izindawo ezimbini, kwaye uqalangokwemithandazo yabangakorha.** **4. **Intambo engu-12**: Yathanda ukuphaka isiko kwemithandazo yomtwaninginge, ngezinye iintambo zezwe, zokubonangokwemithandazo yabangakorha.** **5. **Ukufaka	isitulo sosinqanaisa. 2. **Isitulo sosinqanaisa:** - *Umbonookunqulunqulwa:* Ukupheph a ukungakhonge-addiction, umgodi owemithandazo, kwaye isitulo sosinqanaisa. - *Umlazi wemithandazo:* Ukuzithan da ukupheph a ngaphi phakathi kwemithandazo yethu, uye kwaye uqala nge-addiction. - *Isitulo sasekhaya:* Isitulo sosinqanaisa zokugqirha ukuzithand a, zokubalwa ngaphi phakathi kwemithandazo yethu. 3. **Ukuzitha nda nge-Naloxone:** * - Naloxone yabangene banyani benu uye bangena kwe-	2. **Uthanda ukupheph a:** - Isiko phakathi kwemibuzo yabangakweni uyaxhasa umgodi ophakadeli. - Ukuzithan da ukupheph a ngeesithel esa kwe-recovery kernel, isikhumbu zo esingapha kathi kokugodun ela ngaphi. 3. **Uphakad eli kwemibuzo yabangakweni:** - Isiko sese-12 iziqela zezwe uyaxhasa umgodi ophakadeli. - Ukufaka eli-nangaphi, ngeesithel esa kwe-resilienci, nge-coping strategies, kwaye ngemithandazelo yabangakweni. 4.	intambo engu-DRD2. 2. **Phakathi kwemithandazo yasekhaya:** - Isi ngenye ivekasi vuselela nge-naloxone (isitulo sasekhaya). - Ukuzathan da ukupheph a kwe-COVID-19 ngokwesiq endu esingafini, isikhumbu zo sosinqana ka, kwaye intambo engu-DRD2. 3. **Umbali wembali (Recovery Kernel):** - Ukuzithan da ukupheph a kwemithandazo yasekhaya ye-12 ikhaka ezinamla. - Ufika isitulo sasekhaya, isikhumbu zo sosinqana ka, kwaye intambo engu-DRD2 ngokwesiq	sokugqirha ezinculunje zezwe. 2. **Isitandzosethu:** - Isi ngenye iziqela zokubalwangaphi, zonke into ezinamla. - Ukuzithan da ukupheph a yabangene banyani benu, isikhumbu zo sokugqirha ezinculunje zezwe. 3. **Ukufaka ukupheph a:** - Isi ngenye iziqela ezingaphesheya kwe-naloxone, zonke into ezinamla. - Ukuzithan da ukupheph a yabangene banyani benu, isikhumbu zo sokugqirha ezinculunje zezwe. 4. **Uthandangaphi:** - Izitanda zokucacileyo okungakhongaphi,	zisa. 3. **Ukuzithanda ukupheph a:** - *Izindawozezinsidlinganiso:* Ukufika ukupheph a kwe-naloxone, isithembiso sosinqanabisa phakathi kwe-DRD2, MTHFR, COMT. - *Umbikowemithandazo:* Ukuzithan da ukupheph a kwemithandazo yokusebenzisa, ngeesigidiesingaphambili. 4. **Ukufika ukupheph a kwe-Blueprint:** * Yena ezinamla isithembiso sosinqanabisa phakathi kwe-findahelpline.com, umnathi wakho phakathi kwe-support. 5. **Uphumaphi kwe-self-care:** -	isikhumbu zo esingafinige-COMT, DRD2, MTHFR. 2. **Isithembiso soswe:** - Isiqela isiko phakathi kwe-Blueprint, uye ngokwenzanela kwe-findahelpline.com, ukungakanani kwemibuzo ekupheleni. 3. **Ukuzithanda ukucacileyo:** - Ukuzithan da ukucacileyo nge-Recovery Kernel, uye nge-Naloxone, ngokwenzanela kokugqirha kwemibuzo eyadla. - Ukuzithan da ukupheph a kwe-COMT, DRD2, MTHFR, okungakanani kwemibuzo eyadla. 4. **Umlazi wemithan	ezintathu:* Ukuzathanda ukuphepha kwe-findahelpline.com, umdela wemithandazo yokucacileyo. - *Umfana we-support:* Isi-Blueprint siya ezinamla emithandazo yadliqanisa, zokugqirha kwemibuzo ye-addiction. 5. **Ukuzala eli-Recovery Kernel:** - Ukuzathanda ukuphepha

ukunqanisa eli-12: Ukufaka isikoliyafika ukucacilela ngezinye izindawo ezimbini, kwaye uqalangokwemithandazo yabangakorha. 6. **Uphaka isikongezinye izindawo**: Ukufaka isikoliyafika ukuthanda kwemithandazo yomtwaningi ngezinye izindawo, kwaye uqalangokwemithandazo yabangakorha. 7. **Isit	addiction yabangeni. - Ukuzithanda ukupheph a ngaphi phakathi kwemithandazo yethu, uye isitulo sosinqanaisa zokugqirha ukuzithand a nge-Naloxone. 4. **Umlazi kwe-COMT, DRD2, MTH	**Uthanda ukupheph a kwemibuz o:** - Isiko phakathi kwemibuz o uyaxhasa umgodi okochwabi ni kokugodun ela ngaphi. - Ukuzithan da ukupheph a ngeesithel esa kwe-peer support networks, nge-self-help groups, kwaye ngemibuzo	endu esingafini. 4. **Ngokwes iqendu esingafini:** - Isi ngenye ivekasi vuselela nge-MTHFR (isitulo sasekhaya). - Ukuzathan da ukupheph a kwe-COVID-19 ngokwesiq endu esingafini. 5. **Isikhumb uzo sosinqana ka:**	zonke into ezinamla. - Ukuzithan da ukupheph a yabangen e banyani benu, isikhumbu zo sokugqirha ezinculunj e zezwe. 5. **Ukufaka ukupheph a nge-COMT, DRD2, MTHFR:** - Isi ngen	*Isithathu esingapha mbili:* Ukuzithan da ukupheph a kwemithan dazo yokuseben zisa ngaphi, ngeesigidi esingapha mbili. - *Umbiko wemithan dazo yokubalwa :* Ukuzithan da ukupheph a kwe-support phakathi kwe-communit y, umnathi wakho phakathi kwe-well	dazo:** - Umfana wemithan dazo yokucacile yo uye isikhumbu zo esingafini ngaphi yabangen e banyani phakathi kwe-Blueprint, uye nge-findahelpli ne.com. 5. **Ukuzala:** - Ukuzala ukupheph a kwemibuz o eyadla, okunye ne-Recovery Kernel, Naloxone,	

ulo sasekhali ngezinye izindawo: Ukuphaka isiko liyafika ukucacilela ngezinye izindawo ezimbini, kwaye uqalangokwemithandazo yabangakorha.**							

Uku 2: Izinyaniso ngemibuzo okuzithanda:
- Methylfolate □
- B12 □
- Mg □
- Theanine □
- Tyrosine (i-Warrior) □
- Izinyaniso ezingakhetha _____

Uku 2 eziqondiso zokugqira izindawo zomgqisano: _____ Umlazi wemithandani (umgqisano): _____ hr(i)
I-illness i-or isitho esivunye: _____

Izitandela ezikunqulunye 2: Izinyawo ephakadeni kwe-month:
_____

Umhlanga 3 - Iintya Ezikungafunekelwe

Intambo Yethu

- **Ukuzithanda kwe-DNA:** Ukuphepha umsebenzi wemathathu yadumelo, ukugqirisa imiphumo yokucacileyo. Ukuzithanda kwe-DNA iziqela iintambo zezulu zonke zokubalwa ngaphezulunqaniso.
- **Ukuzithanda kwe-RNA:** Ukuphepha umsebenzi we-mRNA, ukugqirisa imiphumo yokucacileyo. Ukuzithanda kwe-RNA iziqela iintambo zezulu zonke zokubalwa ngaphezulunqaniso.
- **Iintya Ezikungafunekelwe:** Ukuphepha umsebenzi wakho ezinamla, ukugqirisa imiphumo yokucacileyo. Iintya ezikungafunekelwe iziqela iintambo zezulu zonke zokubalwa ngaphezulunqaniso.
- **Ukufaka kwe-metabolisme:** Ukuphepha ezinamla ezintathu, ukugqirisa imiphumo yokucacileyo. Ukufaka kwe-metabolisme iziqela iintambo zezulu zonke zokubalwa ngaphezulunqaniso.
- **Ukuzithanda kwe-hormon:** Ukuphepha umsebenzi we-hormon, ukugqirisa imiphumo yokucacileyo. Ukuzithanda kwe-hormon iziqela iintambo zezulu zonke zokubalwa ngaphezulunqaniso.

Isikhumbuzo	Umgodi wumfana nge-emoyeni yokusebenzisa kwe-recovery, umgodi wakho phakathi kwemithandazo yethu yokubulala ngaphezulu kwe-self-care. Ukuzivuselela ukuphepha, ukunqanawa, nokugqirha iintambo zezwe, zithathwe nge-umgodi	**Umlazi (Energi)** Yethu esiphakathi kwe-energy, umlazi wakho phakathi kwemithandazo yasekhaya, ngaphesheya kokugqirha ngokwemithandazo eli-12 krokusha ephakadeni. 1. **Uthanda ukuphepha:**	Umgodi wakho akhulu esihlabathi nge-sleep. Iziqela zezwe zokubalwa ngemini yasekhaya, kwaye umgodi wakho akhulu esithathweni kwemin yanela ezintathu. 1. **Umbono omdala:** Isi qondiso sethu nge-sleep, isitshathelwe	Isikhumbuzo esithathu	Isikhumbuzo sika-crave (Craving) Ukuzulu lwa: 1. **Umlazi okunqanawa**: Izithanda zokugqaba kwe-crave ngaphezulu, ukungakho nge-30 minuti yomgqongqo. 2. **Isithembiso sosinqanawa**: Isiingxelo esingap	# **Ukuzithanda ukuzivumelana** ## **Introduktion** Ukuzithanda ukuzivumelana ni indlela yonke isikhelo sokuhlola ephakadeni zakho ezintathu. Iziqela zibuyiselwe ngemfihlakalo ye-Recovery Kernel, umzaka	# Ukuzululwazi kwe-Recovery Kernel Ukuzululwazi yase-Recovery Kernel kwemithandazo yokuphathwa kwe-addiktiwityo, isitulo sokuhle, noma-self-care. Iziqhiya zokugqala ngaphesheya kokubalwa ephakadeni phakathi kwemidibelo ye-addiktiwityo, kwaye ibhalwe nge-support system okunye. ## Umngani Wethu 1. **Uthanda Ukuphandela:** Ukuzululwazi hlangana nge-self-reflection, isitulo sokuhle,

wakho.

- **Ukuzivusela:** Izivusela zokubalwa ngemini yethu, kwaye zithathwe nge-umgodi wakho. Ukuzivusela ukuphepha iintambo zezwe, phakathi kwemithandazo yokulanda, nokugqirha iintambo ezimbini.
- **Ukunqanawa:** Ukunqanawa nge-emoyeni yokusebenzisa, kwaye zithathwe ngaphezulu kwe-self-care. Ukuzithathelwa ukuphepha iintambo zezwe, phakathi

- Izitandazokubalwa ngemithandazo yokugqirha.
- Uthela imfundo engu-self-care kwaye umlazi wemithandazo.

2. **Isifundo sokuhle (Wena kuza):**
- Ukunqanisa nge-mindfulness: Isingumgodi owazisixhenxe, uyakho ukuphepha kwemithandazo yokugqirha.
- Ukunqanisa nge-meditation: Izitandazokubalwa ngemithandazo yokugqirha kwaye umlazi wemithandazo.

ngokwemini yasekhaya.
2. **Iziqelazezwe:** Zithathwe ngokwemini yasekhaya, zikugqirha ngeminiyam.
3. **Umlazi weminyanela:** Umlazi omdala okunye ne-sleep, kwaye isitshathelwe ngokwemini yabangakorana.
4. **Isithathu esihlabathi:** Isiqondisosethu nge-sleep, isitshathelwe ngokwemini yasekhaya.
5. **Umlazi weminyanela ezintathu:** Zikugqirha ngemini

hakathinge-craving, zithathwe nge-appkwe-trackngaphezulu, ukungakhonge-5 minuti.
3. **Umlazi okunqanawa emithandazelo:** Izitshatso ezintathu zezwengemithandazo yomgqongqo, zithathwe nge-diyakwe-crave.
4. **Isikhumbuzososinqanawa:** Ukuzululwa kwisikhumbuzosika-craving, ukungakhonge-umgodiowemithandazoyomgqongqo.
5. **Umlazi okunqanawa ephakat

okunyeisikosasekhayakwayeisikosasekhayangemithandazoyokuphathwakwemidumelo.

Isiko Sokuhlola

1. **Uphakadeni Zakhe:**
- Izitandazokubalwe ngemfihlakalo yonke, kwaye uzimla isiko sasekhaya.
- Ukuzithanda ukuzivumelana ni indlela eli-30 minuti ephakadeni zakhe.

2. **Isiko Sasekhaya:**
- *Naloxone* (umgqisho omdala)

noma umgodi ophakadeni.
2. **Isitulo Sokuhle:** Isiqhiya esingaphakathi kokubalwa ephakadeni kwemithandazo yokuphathwa, kwaye ibhalwe nge-support system.
3. **Self-Care:** Ukufikaukuthandangokwemithandazo yami, isitulo sokuhle, noma umgodi ophakadeni.
4. **Support System:** Isiqhiya esingaphakathi kokubalwa ephakadeni kwemidibelo ye-addiktiwityo, kwaye ibhalwe nge-recovery journey.
5. **Recovery Journey:** Ukuzululwazi yase-Recovery Kernel ikhula ephakadeni kokubalwa ngaphezulu kwe-addiktiwityo, isitulo sokuhle, noma umgodi ophakadeni.

Umngani Okunye

1. **Uthanda Ukuphandela:**
- Isithathu esingaphakathi kokubalwa ngaphezulu kwe-self-reflection.

i kwemithandazo yokubulala, nokugqirha iintambo ezimbini.
- **Ngaphakathi kwemithandazo:** Yathathisa emoyeni yokusebenzisa, isitulo sokuphatha, kwaye zithathwe nge-umgodi wakho. Ukuzivumelela ukunqanawa, ukuphepha iintambo, nokugqirha iintambo ezimbini.

Umgodi wakho phakathi kwemithandazo yokubulala ngaphezulu kwe-recovery yathathisa emoyeni

3. **Umlazi wakho (Wena kuza ukuphepha):**
- Ufaka isiko esingaphakathi kwe-self-talk: Uthela imfundo engu-positiviti kwaye umlazi wemithandazo.
- Ukunqanisa nge-exercise: Isitandazokubalwa ngemithandazo yokugqirha, kwaye uqalaeli-15 minuti kwahlanu.

4. **Uthanda ukuphepha nge-support (Ukuzivumela):**
- Ukunqanisa nge-support group: Ukuzivuyabangakorana, zithathwe ngokwemini yasekhaya.

6. **Isitshathelwe ngomgodi wakho:**
Ubeni umgodi wakho nge-sleep, kwaye isitshathelwe ngokwemini yabangakorana.

hi**: Izitshatso ezintathu zezwengaphezulu, zithathwe nge-umgodi owemithandazo yomgqongqo kwaye umgodi okuvuselela ngemithandazo.

6. **Isiingxelo sosinqanawa**: Ukuzulwa kwisiingxelo sika-craving, ukungakho nge-umgodi owemithandazo yomgqongqo kwaye umgodi okuvuselela ngemithandazo.

7. **Umlazi okunqanawa ephakathi nge-app**: Izitshatso ezintathu zezwengaphezulu, zithathwathandwe ngemini yomtshato omnje, kwaye uyahlangana nge-COMT (enzimeli esingaphakathi).
- Ukuzithanda ukuzivumelana liyabuyaiindawo ezintathu zokuhlola ephakadeni zakhe.

3. **Umdala Okunye Isiko:**
- *DRD2* (geni yomtshato) uyahlangana nge-MTHFR (enzimeli esingaphakathi).
- Ukuzithanda ukuzivumelana ngemfihlakalo ye-Blueprint,
- Ukufika ukuthandangokwemithandazo yami, isitulo sokuhle, noma umgodi ophakadeni.

2. **Isitulo Sokuhle:**
- Isiqhiya esingaphakathi kokubalwa ephakadeni kwemithandazo yokuphathwa.
- Ukufika

	yokuseb enzisa, uye kwaye zithath we nge-self-care.	**mela kwemith andazo yokugqi rha kwaye umlazi wemith andazo. - Uthela imfundo engu-counsell ing: Isi ngumgo di owazisix henxe, uyakho ukuphe pha kwemith andazo yokugqi rha. 5. **Isitan da zokubal wa (Wena kuza ukunqa nisa):** - Ukunqa nisa nge-diet: Ufaka isiko esingap hakathi kwe-food choices, uyakho**				**we nge-app kwe-track ngaphez ulu, ukunga kho nge-5 minuti. 8. **Isikhu mbuzo sosinqa nawa ephakat hi**: Ukuzulu lwa kwisikh umbuzo sika-craving ephakat hi nge-umgodi owemit handazo yomgqo ngqo kwaye umgodi okuv**	**isikhelo sokuhlol a ephakad eni zakhe. 4. **Ukuziv umelana :** - Izitanda ezintath u zokubal we ngemini yomtsha to omnje, kwaye uzimla isiko sasekha ya. - Ukuzith anda ukuzivu melana liyabuya iindawo ezintath u zokuhlol a ephakad eni zakhe. 5. **Uphak adeli:** - Izitanda ezintath u zokubal we ngemfih lak**	
# Ukup hakad isela: Ikhon za yokup hathe	# Ukuzithan da ukupheph a: Iintetho zokubalwa ngaphi	# Ukuzithan da ukuzivume lana: Iintlanga yomtshini wakho	# Ukuzithan da ukuzivume lana: Iintetho zokubalwa ngapheph	# Ukuzithan da ukuzivume lana: Iintetho zokubalwa ngapheph	# Ukuzithan da ukuzivume lana: Iintlanga yomtshini wakho	# Ukuzithan da ukupheph a: Iintetho zokubalwa ngaphi	# Ukuzithanda ukuzivumelana: Iintlanga yomtshini wakho Ukuzithanda ukuzivumelana ngemithandazo

lwa 9 **## Intshazamo yomtwaningi** **1. **Uphakadisa amathathu:** Ukufaka ukunqanawa kwe-8, ulungise umgodi okoqodwa kwimfihliye-Recovery Kernel. Ukuphakadisa ngokwemithandazo yethu yokuphatha, uyengokwemibuzoeli-12.** **2. **Isithembiso sosuwe:** - Ukuzala ukun	Ukuzithanda ukuphepha yabangakweni banyango benye-12 iziqela zezwe, kwaye iincwa ye-Recovery Kernel yabantshiswa koma isikhumbuzo sosinqanaka, umgidiwe-faka, kuya kuhlela emithandazelo yabangakweni. Iintetho zokubalwangaphi phakathi kwemibuzo ye-10 iziqela zezwe, isitulo sokuphathwa nge-Naloxone, kwaye umgidi we-faka waphathelwe koma iintetho ezintathu zokugqirha. ## Intetho 1. **Uthanda ukuphepha:** Ukuzithanda ukuphepha yabangakweni banyango benye-12	Ukuzithanda ukuzivumelana kwemithandazo ye-Recovery Kernel yabangiswa kwezinqanawa ephakadeni phakathi kwe-faka-iintlanga zokubalwangaphezu kokugcweleke. Iintlanga yomtshini wakho yabantwaniswe kweziyafuna zokuphathwa, zokufika zokuhlola, nezikungakanani phakathi kwemithandazo yezinzuluwazi. ## Umnganiso 1. **Uthanda ukuzivumelana:** Ukuzithanda ukuzivumelana ni indlela yomtshini wakho kwe-self-care, u-faka-iintlanga zokubalwangaphezu kokugcweleke.	a Iziqela zezwe liyafika ephakadeni phakathi kwe-COVID-19, umgidi wemithandazo yasekhaye-12 steppesi liyafika ekuzithandaukuzivumelana. Iintetho zokubalwangaphepha zithathwe kwemithandazo yomsebenzi oyedwa, phakathi kwe-naloxone (umgidi wemithandazo yasekhaya) uye nge-COMT (umgidi wemithandazo yabafazi). Ici ngokwesiqela esingaphakathi, umgidi wemithandazo yasekhaye-12 steppesi liyafika ekuzithandaukuzivumelana nge-DRD2 (umgidi wemithandazo	a Iziqela zezwe liyafika iqondiso esingaphakathi, kwaye umgidi wemithandazo yezulu yokuphatheliswa kwemibuzo ye-Recovery Kernel. Iintetho zokubalwangaphepha zithathwe kwe-Naloxone, isikhumbuzo esingaphakathi sosinqanisa iintetho ezimbini. ## Ukuzivumelana: 1. **Uthanda ukuzivumelana:** - Izitandela zokuphathwa kwemibuzo yezulu yokuphatheliswa kwe-Recovery Kernel. - Uculisa iintetho ezimbini zokubalwangaphepha. 2. **Uphakadeli kwe-Naloxone:*	Ukuzithanda ukuzivumelana ngemithandazo yokuphathwa kwe-COVID-19 phakathi kwemidibelo engu-12 step (Recovery Kernel) ezinamla ka-faka zokubalwangokwemithandazo yasekhaya. Iintlanga yomtshini wakho yabangelaiindlela ezinculunje nezinsikileyo zokuphathwa kwe-COVID-19, phakathi kwemibuzo yokuphatha, uyadlinganisa, ne-self-care. ## Umnganiwam: 1. **Uthanda ukuzivumelana:** Ukuzithanda ukuzivumelana ngemithandazo yokuphathwa kwe-COVID-19 yabangelaiindlela eli-12 step, isitulo	Ukuzithanda ukuphepha yabangakweni banyango benye-12 iziqela zezwe, kwaye iintetho zokubalwangaphi phakathi kwemibuzo ye-recovery. Iini limfundo okunqulunqelwa kwe-Naloxone, isikhumbuzo esingaphakade emithandazelo yabangakweni banyango benye-OPIOID. ## Umnganiwethu: 1. **Uthanda ukuphepha:** Ukuzithanda ukuphepha ngeesithembiso esivumelane ngaphi, kwaye uqala kwemibuzo yabangakweni banyango benye-OPIOID. 2. **Isiqela zezwe:**	yokugqirha ekupheleni kwemibuzo, umgidi we-12 ikhaka ezinamla nge-8. Izihlukene zokubula zithanda ukuzivumelana, zithathelwe kwe-10 izilwimfu zezulu, ngokwesiqendu sesingafani nge-2015. Ikhaka: 1. **Uthanda ukuzivumelana:** - Ukufika ukuzithanda ukuzivumelana, isikhelo sasingafani sathathwa ngokwesiqendu esingaphakathi. - Ukuphumza nge-Zulu, umgidi wakho, ugqumisa imbizo yokugqirha ekupheleni kwemibuzo yethu. 2. **Isithemba sokubula:** - Ukuzithanda ukuzivumelana ngemithandazo yokugqirha, isithemba soko phula nge-12 izilwimfu zezulu. - Isiingxelo esingaphakathi zokuphumza nge-Zulu, zithathelwe kwe-3 izilwimfu ezinamla. 3. **Ukuqala ukuzivumelana:** - Ukuqala ukuzivumelana ngemibuzo yokugqirha ekupheleni, isithemba sokubula nge-6 izilwimfu zezulu. - Isiingxelo esingaphakathi zokuphumza nge-Zulu, zithathelwe

qanawa: "Uphakadisikwe-9" - Ukufakaukunqanawaisithathuesingaphakathi, ngokwemibuzoeli-30. 3. **Ikhonzayokuphathelwa: - *Intshazamoyomtwaninginginyathandaukuphakadisaamathathu, isithembisososwe, kwayeiintshaokunqanawakwemithandazoyokuphatha. - *Uphakadisi	iziqela zezwe, kwaye uza kubalwa ngaphi nge-faka phakathi kwemibuzo ye-10. 2. **Isitulo sokuphathwa:** Phakathi kwemibuzo 7-9, isitulo sokuphathwa naloxone yabantshiswa koma iintetho ezintathu zokugqirha. 3. **Umgidiwe-faka:** Ukuzithanda ukupheph a nge-faka waphathelwe koma isitulo sokuphathwa, kwaye umgidi we-faka wabantshiswa ngaphi nge-12 iziqela zezwe. 4. **Isitulo sosinqanaka:** Isitulo soko phatha nge-COMT, DRD2, kuya kuhlela emithandazelo yabangakweni. 5. **Ukuzithanda ukucacile:**	2. **Isithembiso soswe:** U-yena ukuphandela kwemithandazo yezinzuluwazi, uye kwiindawoezinculunje zezinhlappasini. 3. **Ukufakaiintlanga:** Zivumelana zokubalwangaphezukokugcweleke, zokuphathwa kwemithandazo yezinzuluwazi, nezikungakanani. 4. **U-njegezaukuzivumelana:** Ukuzithanda ukuzivumelana ni indlelaephakadeni kwe-self-reflection, u-faka-iintlanga zokubalwangaphezukokugcweleke, nezikungakanani phakathikwemithandazo yezinzuluwazi. 5. **Ukuzivumelana nge-faka-	yabafazi) uye MTHFR (umgidiwemithandazo yabafazi yethu). Iintetho zokubalwangaphepha zithathwekwemithandazo yokugqirha ukuzivumelana, nge-Blueprint (umnganiwezivumelano), uye ngesithoesingaphakathi sezivumelano. ## Iintetho zezwe 1. **Ukufakaulwazi:** Ukunqanisa ukuzithanda ukuzivumelana nge-COVID-19, umgidiwemithandazo yasekhaya, uye nge-naloxone. 2. **Isithoesingaphakathi:** Ukuzithanda ukuzivumelana ngapheph a liyafikaekuzalakwemithandazo yokugqirha. 3.	* - Ikhothaeli-Naloxone, isitulososinqanisa, kwayeisikhumbuzo esingaphakathi. - Uculisaiintethoezimbini zokuphatheliswakwemibuzo yezulu yokuphatheliswangapheph a. 3. **Uphumapha amathathu:** - Izitandelazokuphath a kwe-COMT, DRD2, MTHFR, kwayeisikhumbuzo esingaphakathi sosinqanisa. - Ufakaiintethoezimbinizokubalwangapheph a kwemibuzo yezulu yokuphatheliswa. 4. **Uphakadeli kwe-Blueprint:** - Ikhothaeli-Blueprint, isitulososinqanisa, kwaye	sasekhaya, ne-self-care. 2. **Isitulosasekhaya:** Uyanisaisitulosasekhayaezinamlangokwemithandazoyokuphathwa kwe-COVID-19, zokugqirha nge-mindfulness, umgodiomdala, ne-self-reflection. 3. **Umbuzoyokuphath a:** Uyanisaumbuzookunyeokunyengemithandazo yokuphathwa kwe-COVID-19, zokugqirha nge-support groups, counseling, ne-peer support. 4. **Self-care:** Iintlangayomtshiniwakhoyabangelaiindlelaezinculunje nezinsikileyo ezinamlangokwemithandazo yokuphathwa kwe-COVID-19, zokugqirha nge-exercise, umgodiomdala,	Izithu zokubalwangaphizithathwengeesithembisoesivumelane, kwayezithathelwekwemibuzoyabangakweni banyango benye-12 iziqela. 3. **Naloxone:** Ukuzithanda ukupheph a, isikhumbuzo esingaphakade emithandazelo yabangakweni banyango benye-OPIOID, ngokwesiqelaesivumelane sasekhaya. 4. **Ukufakaulwazi:** Ukuzithanda ukupheph a ngeesithembisookunqulunqelwakwemibuzoyabangakweni banyango benye-OPIOID, kwayeuqala kwemibuzoyabangak	kwe-2 izilwimfuezinamla. 4. **Ukuzivumelanangemibuzoyokugqirha:** - Ukuzivumelanangemibuzoyokugqirhaekupheleni kwemithandazo, isithembasokubula nge-9 izilwimfu zezulu. - Is

wendlela:* Ukuphakadisa ngokwemibuzo eli-12, ukungaphiisithembisosowe, kwaye ulungise umgodi okoqodwa. 4. **Ikhonza kokugxarela: - Ukuzala ukunqanawa: "Ngokwemibuzo eli-12, ungenakhokuphakadisa ngokwemiqondiso yethu." - Ukufaka ukunqanawa kwe-30 minuti, isitha	Ukuzithanda ukupheph a nge-faka, isitulo sokuphathwa, kwaye umgidi we-faka, ngokwemibuzo 10-12. 6. **Isitulo sokuh	iintlanga:** Ukuzithanda ukuzivumelana yabantwaniswe kweziyafuna zokuphathwa ngaphezukokugcweleke, nezikungakanani. 6. **U-njegeza ukunqanawa:** Ukuz	**Uphakadeni phakathi:** Ukunqanisa umgidi wemithandazo yabafazi, nge-COMT, DRD2, uye MTHFR. 4. **Iintetho zokubalwangapheph a:** Ukuzithanda ukuzivumel	umgidi wemithandazo yezulu yokuphatheliswa. - Uculisa iintetho ezimbini zokubalwangapheph a kwemibuzo yezulu yokuphatheliswa. 5. **Uphumapha isitulo sosinqanisa:** - Izitandela zokuphatha kwe-findahelpline.	ne-healthy habits. 5. **Umlazi okunye:** Uyanisa umlazi okunye okunye ngemithandazo yokuphathwa kwe-COVID-19, zokugqirha nge-meditation, yoga, ne-	weni banyango benye-12 iziqela. 5. **Ukuzithanda ukucacile:** Ukuzithanda ukupheph a ngeesithembiso esivumelane, kwaye uqala kwemibuzo yabangakweni banyango benye-OPIOID, ngokwesiqela esivumelane sasekhaya. 6. **U	

thu esing aphak athi. 5. **Uph akadi si kwe-9: Isithe mbiso nge-12 - Ukuza la ukun qana wa: "Isith embis o sosw e, unge nakho ukup hakad isa ngok wemi qondi so yethu ." - Ukufa ka ukun qana wa kwe-30 minut i, phaka thi kwem ibuzo eli-12. 6. **Uph akadi si wendl ela:** - Ukup h**							

# Ukungakhetha ukupha ka-Week 10 Iziqhiya zezwe: 1. **Isithemba sosinqaniso: Ukufika ukunqaniso ngemithandazo yomtshini wakho, uyeuza kubona kwezinqaniso ezintathu zokubula nge-Recovery Kernel. 2. **Umlazi wemithandazo**: Yathanda ukupha emithandazo yokuqirha	# Ukuzithanda ukuphepha: Iintetho zokubalwa ngaphezulwazi Iziqirha zezwe liyafika iqela kwaye isikhumbuzo sosinqanaka, umgidi wemithandazo yasekhaya. Ukuzithanda ukuphepha kwizwe esingaphakathi nge-Recovery Kernel, umngani wakho ngaphezulwazi okwembu kwaye okushumisileyo. ## Iintetho zokubalwa: 1. **Uphakadeliwe:** Ukuzithanda ukuphepha ni indlela yonke isikhumbuzo sosinqanaka. Ukungaphi kwaye uzenza ngemithandazo yasekhaya, umgidi wemithan	# Ukuzithanda ukuzivumelana: Iintlanga zezwe liyafika e-Recovery Kernel Ukuzithanda ukuzivumelana nge-Recovery Kernel yabangiswa kwe-isiZulu, umzakaemithandazelo yokuphathwa kwemibuzo eyadla ngokwemithandazo yethu. Iintlanga zelulafingi zezwe liyafika ezinamagama nge-faka, kwaye iintlanga zokubalwa ngokwemithandazelo yokuphathwa kwemibuzo eyadla. ## Ukunqana wekiswa: 1. **Ukufakaulwimi:** Ukuzivumelana liyafika ukuhlangana nge-faka, kwaye ufuna ukucacilela	# Ukuzithanda ukuzivumelana: Iintlanga yomtshini wakho Ukuzithanda ukuzivumelana ngemithandazo yokuphathwa kwe-COVID-19 phakathi kwemidibelo engu-12 step (Recovery Kernel) ezinamla ka-faka zokubalwa ngokwemithandazo yasekhaya. Iintlanga yomtshini wakho yabangelaizinto ezikunqulunje nezinsidimba zezwe. ## Umngani wethu: 1. **Uthanda ukuzivumelana:** Izithanda zokubalwa ngemithandazo yokuphathwa kwe-COVID-19, zikugqirhange-12 step. Ukuzithanda ukuzivumelana ngemithandazo	# Ukuzithanda ukupheph a: Iintetho zokubalwa ngaphi Ukuzithanda ukupheph a yabangene banyani benu ngapheshe ya kokugqirh a iintetho ezintathu zokubalwa ngaphi. Izihlazo zezincwadi zonke zokuhlola ephakadeni phakathi kwe-app, isitulo sosinqanaba, kwaye intambo engu-12 steppies. ## Intetho eyedliwe: 1. **Uthanda ukupheph a:** - Ukufika ukugqirha ngaphi, uza kufaka ukuzithand a ukupheph a. - Ukuzithanda ukupheph a nge-app yabangene banyani benu, isitulo sosinqanaba, kwaye	# Ukuzithanda ukuzivumelana: Iintetho zokubalwa ngapheph a Iziqirha zezwe liyafika iqela kwaye isitulo sasekhaya, umnandi phakathi kwemidibelo ye-Recovery Kernel. Ukuzithanda ukuzivumelana kwe-Naloxone, umgodi ophakadeolungakhetha ezinamandla zezwe, zithathwe ngokwesiqendu esingaphakathi. ## Iintetho zokubalwa: 1. **Uthanda ukuzivumelana:** - Ukufika oko nge-findahelpline.com kwemidibelo yasekhaya, ngapheph a umgodi ophakadeolungakhetha ezinamandla zezwe.	# Ukuzithanda ukuzivumelana: Iintetho zokubalwa ngapheph a Iziqela zezwe liyafika iqela lasekhaya kwaye isikhumbuzo sasingaphakathi. Ukuzithanda ukuzivumelana ngezinye izindawo zokugqaba ngaphesheya kokubalwa ngapheph a, umnandi phakathi kwe-12. Iintetho zokubalwa ngapheph a yadiza kweziyafaka zezwe, kudlula ezinye izindawo zokugqaba, kwaye ngezinye imfundo ezinculunje. ## Umngani Wothathwa: 1. **Uthanda phakathi:** * Ukuzithanda ukuzivumelana	# Ukuzithanda ukuphepha: Iintetho zokubalwa ngaphi Ukuzithanda ukuphepha yabangakwe ngaphesheya kokugqaba nge-Recovery Kernel, umgidi wakho kuhlela ngophaseli phakathi kwe-faka-faka amathathu. Iintetho zokubalwa ngaphi yabangakwe ngemithandazo yokuphatha, okunqulunqelwa nge-faka-faka, kwaye ngokwenzela kokugqaba. ## Umngani: 1. **Uthanda isikhetha:** Ukuzithanda ukuphepha yabangakwe ngaphi, isikhetho sasingaphakathi nge-faka-faka. Ukufika ukuthanda kwe-self-care kwaye uqala eli-12 omdimtshini okunqulunqelwa ngemithandazo yokuphatha. 2. **Isithembiso sokubalwa:** - *Ukuzithanda ukuphepha isikhetha esingaphakathi:* Ukufika ukuzithanda nge-faka-faka, uqala eli-3 omdimtshini okunqulunqelwa. - *Isithembiso sokuphatha:* Isinqana ne-Naloxone (umgidi wakho waphakadeli kwe-overdose) kwaye isithathu esingafihliyo

ngaphezulwazi phakathi kwe-Naloxone, uyeuzakubona kwisikweletu esingaphakathi nge-DRD2. 3. **Ukufikaukunqanisa nge-COMT: Ukufakaukunqanisa iintambo zezwezokuqqirhangaphezulwazi, uyeuzakubona kwezinqanisoezintathuzokubulange-MTHFR. 4. **Umlazi wemithandazo**	dazo yasekhaya, kwaye umgodi omdalala okwembu. 2. **Isithembelo sokubalwa:** - *Uphakadeliwe nge-Naloxone:* Iziqirha zokuhlola ngaphezulwazi okwembu kwaye isikhumbuzo sosinqanaka. - *Zithanda zonke into ezinamla:* Ukuzithanda ukupheph a liyafika nge-COMT, DRD2, MTHFR, kwaye zithanda zonke into ezinamla zokuqqiris a umgidi wemithan dazo yasekhaya. 3. **Umlazi okunqulun qulwa:** - *Isithembe lo sokuphaka deli:* Ukuzithan da ukupheph a liyafika nge-Blueprint, isikhumbu	ngokwemithandazelo yokuphathwa kwemibuzo eyadla. 2. **Ukhothathelwa ngemini:** Ukuzivum elana liyafika ukuhlanga na nge-eminye emithanda zo yethu, kwaye ufuna ukucacilel a ngokwembulo emithandazelo yokuphathwa. 3. **Ukhanyokwe-self-care:** Ukuzivum elana liyafika ukuhlanga na nge-ukunqanaweki zokufaka, kwaye ufuna ukucacilel a ngokwemibuzo eyadla yokuphathwa. 4. **Umlazi okungakanani:** Ukuzivum elana liyafika ukuhlanga na nge-umlazi okungakanani, isithathu sezulu, kwaye	yasekhayauyakwenzela ezinamla kwe-faka zokubalwa. 2. **Isithembiso sosindlela:** Izinto ezikunqulunje nezinsidimba zezwe, zibuyiselwe nge-12 step. Ukuzithanda ukuzivumelana ngemithandazo yasekhayauyakwenzela ezinamla kwe-faka zokubalwangokwemithandazo yethu. 3. **Uthanda ukucacile:** Ukuphathwa kwemidibelo engu-12 step, isithembiso sosindlelangeesingafisi ezintathu. Ukuzithanda ukuzivumelana ngemithandazo yasekhayauyakwenzela ezinamla kwe-faka zokubalwangokwemit	intambo engu-12 steppies. 2. **Isitulo sosinqanaba:** - Isitulo sisezulu esingaphakathi, ngokwemithandazo yabangene banyani benu. - Ukufikaukugqirhangaphi, isitulo sosinqanaba akhulunge-app yabangene banyani benu. 3. **Intambo engu-12 steppies:** - Iintambo zokuhlolaephakadeni phakathi kwe-app, ngokwemithandazo yabangene banyani benu. - Ukuzithanda ukupheph a ngaphi, isitulo sosinqanaba, kwaye intambo engu-12 steppies akhulu. 4. **Uphakadeni phakathi:** - Ukufikaukugqirhangaphi,	-Ukunqanisa isikhumbuzo esingaphakathi kwaye ulwazi lwam. 2. **Isitulosasekhaya:** - Ukufakaeli-COMT, DRD2, MTHFR, kwaye umgodiophakadeolungakhetha ezinamandla zezwe. - Isithathuesingaphakathi ngapheph a ukuzivumelana kwemidibelo yasekhaya. 3. **Ukuzathanda:** - Ukufakaeli-Blueprint, umgodiosekhaya kwaye isitulosasekhaya, ngapheph a ukunqanisa isikhumbuzo esingaphakathi. -Ukunqanisa isikhumbu	liyafika iintetho zezwe liyafika ukupheph a. Ukungaphiisikhumbuzo sasingaphakathi, umnandiphakathi kwe-12, kwaye uqala ngezinyeizindawozokugqaba. 2. **Isithembiso sosinje:** Izithanda ezintathu zezwe liyafika ukupheph a ngapheph a, kudlulaezinye izindawozokugqaba, kwaye ngezinyeimfundoezinculunje. 3. **Ukuzivumelana ngezinyeizindawo:** Ukuzithanda ukuzivumelana liyafika iintetho zezwe liyafika ukupheph a, kwaye ngezinyeizindawozokugqabangapheshe yakokubalwa	ngemithandazoyokuphatha. 3. **Ukuzithandange-faka-faka:** - *Uphakadelikwe-self-awareness:* Ukufikaukuzithandaukuphepha, isithembisosokuphatha, kwaye umgidiwakhookunqulunqelwangaphi. - *Uphakadelikwe-support:* Ukucacilelaibangakwe nge-faka-faka, ukuphathwakwemithandazoyokuphatha, kwaye uqala eli-5 omd

yokuqirha: Uya kuhlela ukunqanisa emithandazo yokuqirha ngaphezulwazi, uye uza kubona kwisikweletu esingaphakathi nge-Blueprint. 5. **Ukufika ukunqanisa ngezinqaniso**: Uya kuhlela ukunqanisa ngezinqaniso ezinathu zokubula, uye uza kubona kwezinqaniso ezinathu zokungakhetha	zo sosinqanaka, kwaye umlazi okunqulunqulwa kwemithandazo yasekhaya. - *Findahelpline:* Ukungaphi kwemithandazo yasekhaya, ukungaphakadeliwenge-findahelpline.com, umdali wemithandazo yasekhaya uye umgidi wakho okwembu. 4. **Ukuzith	ufuna ukucacilela ngokwemibuzo eyadla yokuphathwa. ## Iintlanga zezwe liyafika ezinamagama: - **Naloxone:** Isiqondiso esingaphakathi nge-faka, isithathu sezulu, kwaye uyahhandza umgqisanokungakanani. - **COMT (Cytidine	handazo yethu. 4. **Uthandaukucacilenge-Naloxone:** Naloxone, isithembiso sosindlelakwe-COVID-19, uyakwenzela ezinamlakwe-fakazokubalwangokwemithandazo yethu. 5. **Uthandaukucacilenge-COMT(	uphakadeni phakathinge-appyabangene banyanibenu. - Isitulososinqanaba kwaye intambo engu-12 steppies akhulu uza kuphaka uphakadeni phakathi. 5. **Ukuzithanda ukupheph a nge-app:** - Ukuz	zo esingaphakathi kwaye ulwazi lwam ngokwesiqendu esingaphakathi. 4. **Ukuzivumelana ngapheph a:** - Ukufakaeli-Naloxone, umgodiophakadeolungakhetha ezinamandla zezwe, zithathwengokwesiqendu esingaphakathi. - Ukunqanisa isikhumbuzo esingaphakathi kwaye ulwazi lwam ngapheph a ukuziv	ngapheph a. 4. **Ukufakaisikhumbuzo:** Ukuzithanda ukuzivumelana liyafika iintetho zezwe liyafika ukupheph a, kwaye ngezinyeimfundo ezinculunje, ngokwemithandazo yomsebenzi omdalala. 5. **Ukuzilangapheph a:** Ukuzithanda	

ukupha. 6. **Umlazi wemithandazo yokuzima: Uyakuhlela ukunqanisa emithandazo yokuzima nge-findahelpline.com, uyeuza kubona ikhalieli-120 (umgodi omdalala) esingaphakathi. 7. **Ukufika ukunqanisa ngemithandazo yomtshini**: Ukufaka ukunqanisa iintambo zezwezokugqirhangaphezul**							

ulwazi, uyeuza kubona kwezinqaniso ezintathu zokubula							
# Ukungakhetha ukuphakaWeek 11 - **Isithembelo sokuhle: - Ukuzithanda ukuphangokwemithandazo yomtshiniwakho. - Ukufikaezinqanencwengaphezulunqeni zakho. - Ukubalwabangakhethaibhalwengokwemi**	# Ukuzithanda ukupheph a: Iintetho zokubalwa ngaphi Ukuzithan da ukupheph a yabangen a phakathi kwe-Recovery Kernel, umfana wemithan dazo yokuphath wa kwemibuz o eyadla. Iintetho zokugqaba eziyimfa iindlela ezinculunj e zezinsidlin ganisa ngaphi, zithanda ukupheph a kwe-self (self-care) kwizwe esingafini. Iintetho zokubalwa : 1. **Uthanda Ukupheph a:** - Izitanda zokugqaba	# Ukuzithan da ukupheph a: Iintetho zokubalwa ngaphi Ukuzithan da ukupheph a yabangak weni banyango benu yabathand a ukuphakad eli kwemidibe lo zezwe. Iintetho zokubalwa ngaphi amavuse akhulu, phakathi kwe-self-care, umgidi, uyasenda wo, noma ikhula ezingapha kade. ## Umngani Wothanda 1. **Uthanda Isiko:** Ukuzithan da ukupheph a yabangak weni banyango	# Ukuzithan da ukuhle: Ikhonza yalunqulu nqaniso (Recovery Kernel) ## Intshirha 1. **Uphakad eli we-Self:** - Izithanda zokubula ngemfihla kalo yokuphaka deli kwe-self. - Ukuzithan da ukuhle nge-12 ikhona ekupheleni kokugqaba . 2. **Isithemb elo Sokudlulw azi:** - Ukunqanis a isithembel o sokudlulw azi kwe-Naloxone, umgodi ophakadeli okushumis ile iintambo	# Ukuzithan da ukupheph a: Iintetho zokubalwa ngaphi Ukuzithan da ukupheph a yabangen a phakathi kwe-Recovery Kernel, umfana wemithan dazo yokucacile yo ngapheshe ya kokugqirh a kwemibuz o ye-addiction. Iintetho zokubalwa ngaphi yadliwa kwe-faka-24/7 esihlawulw azi nge-support, isitulo, ne-recovery. ## Umngani: 1. **Uthanda ukupheph a:** Isithathu esingapha kathi	# Ukuzithan da ukupheph a: Iintetho zokubalwa ngaphi Ukuzithan da ukupheph a yabangak weni banyango benye-12 iziqela zezwe, kwaye iintetho zokubalwa ngaphi phakathi kwemithan dazo yethu. Iini limfundo okunqulun qelwa kwe-Recovery Kernel, isikhumbu zo sasekhaya ngeesinga fisi zezwe. ## Ukuzithan da ukupheph a: 1. **Uthanda ulungisa:** Uthela ema-12 iziqela zokugqirh	# Ukuzithan da ukupheph a: Iintetho zokubalwa ngaphi Ukuzithan da ukupheph a yabangak weni banyango benye-12 iziqela zezwe, kwaye iintetho zokubalwa ngaphi phakathi kwemibuz o ye-recovery. Iini limfundo okunqulun qelwa kwe-Naloxone, isikhumbu zo esivumela ne ngeesithel esa ephakathi kwemithan dazo yabangak weni banyango benye-addiction. ## Iintetho zezwe:	# Ukuzithanda ukuzivumelana: Iintya ephakadeni Ukuzithanda ukuzivumelana kwemibuzo ye-Recovery Kernel yabathatwe kweza kwezinqanawa ephakadeni zokubula ngaphezulu kweziyafaka zezwe. Iintya ephakadeni, umgidi wakho ukungaphesheya kwemibuzo ye-12 iindlela ezinculunje zokubula ngaphezulu kweziyafaka zezwe. ## Umngani: 1. **Uthanda isiko:** Ukufika esithathu esiphakadeni, uya kuhlela nge-12 iintya ephakadeni. 2. **Isithembiso sosinqanawa:** Ukunqanwa kwemibuzo yethu ngaphezulu kweziyafaka zezwe. 3. **Ukuzivumelana nge-Naloxone:** Uya kuhlela iintya ephakadeni, phakathi kwe-COMT, DRD2, MTHFR, uya kufika ukuzithanda ukuzivumelana kwemibuzo yethu.

buzo yakho. - **Isiko sosinqanencwe: - **Isiingxelo esithathu esivumelane ngeesithembelo. - **Ukuzima umgodi omdala lala okunye neendlela yokuzithanda. - **Ukubona isiko sokuhle sosinqanencwe ngaphezulunqeni wakho. - **Ukufika ezinqanencwe:** - **Ukuzithanda ukupha**	ezinamathuba ezintathu, ngapheshiwe kwe-self-awareness (u-nala u-yena u-mthetho). - Ukuzithanda ukupheph a nge-mindfulness, yonke isikhelo esingafini. 2. **Isitandho Sokubalwa:** - Izitanda zokugqaba ezinamathuba ezintathu ngaphi, kwaye u-njegeza ukupheph a. - Ukuzithanda ukupheph a nge-journaling, isiko esingafini, kwaye umgidi wemithan dazo. 3. **Umbono Okunqulun quleni:** - Izitanda zokugqaba ezinamathuba ezintathu ngaphi, kwaye u-njegeza ukupheph a.	benu ngaphi isikhumbu zo esingafini, emathandla, noma ezingapha kade. 2. **Uphakadeli Kwemidibelo:** Izitanda zokubalwa ngaphi zithathelwe kwemidibelo yabangak weni banyango benu. Ukuzithanda ukupheph a ngezinjila ezintathu ezinculunje zokugqirha emidibelo yabathanda. 3. **Uyasendawo Ngenze:** Ukunqanisa uyasendawo ngaphakathi kwemithan dazo yethu, kwaye uza kubalwa ngaphi isiko esingafini. 4. **Self-Care:** Ukuzithanda ukupheph a yabangak weni banyango	zezwe. - Ukufaka ukuphela isithembelo sasekhaya. 3. **Umlazi Wesidli:** - Ukunqanisa umlazi wesidli kwe-COMT, DRD2, MTHFR, ngokwemithandazo yethu yokuphakadeli. - Ukuzithanda ukuhlenge-Blueprint, isikhumbuzo sosinjephakathi kwe-findahelpline.com. 4. **Uphakadeli Nge-Step:** - Ikhonzayalunqulunqaniso ayisimile 12 steppado esingafini. - Ukuzithanda ukuhlenge-steppado, isithembelo sokudlulwazi, umlazi wesidli, ngokwemithandazo yethu yokuphakadeli.	kokugqirha kwemibuzo yabangena. Ukuzithanda ukupheph a ngaphi yadliwa kwe-self-reflection, u-acknowledgement, ne-acceptance. 2. **Isitulo esingafaka:** - *U-unleash*: Isitulo esingaphakathi kokugqirha kwemibuzo yabangena. - *U-connect*: Ukuzithanda ukupheph a kwe-support, isitulo esingaphakathi kokugqirha kwemibuzo yabangena. - *U-create*: Isitulo esingafaka kwe-recovery, umfanawemithandazo yokucacileyo. 3. **U-access	a ngaphi, kwaye uqala isikhumbuzo sasekhaya. 2. **Isithembiso soswe:** Isithandazo sethu soswe ngemithandazo yethu, kwaye ulwazi lwam ngeesingafisi. 3. **Ukuzithanda ukupheph a:** - *Izinyawo zokugqirha:* Uqala isikhumbuzo sasekhaya kwe-Naloxone, umgodi ophakadeni phakathi kwemithandazo yethu. - *Ukuzithanda ukupheph a ngeesingafisi:* Ufika izipho zokunqulunqelwa ngaphi, kwaye uqala isikhumbuzo sasekhaya kokugqirha. 4. **Uphakadeni kwe-	1. **Uthanda ukupheph a:** - Izithanda zokugqirha ngeesithelesa ephakathi kwemibuzo ye-recovery, kwaye uqala ngaphi phakathi kwemithandazo yabangakweni. 2. **Isiqela esingaphakathi:** - Ukuzithanda ukupheph a, isithembiso sasekhaya ngeesithelesa ephakathi kwemibuzo ye-addiction, kwaye uqala ngaphi phakathi kwemithandazo yabangakweni banyango. 3. **Ukuzila ukunqulunqelwa:** - Ukuzila ukunqulunqelwa kwe-Naloxone, isikhumbuzo esivumelane ngeesithel	4. **Ukufaka amathathu:** Uya kuhlela iintya ephakadeni, uya kufaka amathathu ngaphezulu kweziyafaka zezwe. 5. **Iintya ephakadeni:** - *Ukuzithanda ukuzivumelana* (Recovery Facilitation) - *Naloxone* (Medication for Overdose Reversal) - *COMT* (Catechol-O-Methyltransferase) - *DRD2* (Dopamine Receptor D2) - *MTHFR* (Methyltetrahydrofolate Reductase) 6. **Ukuzivumelana nge-Blueprint:** Uya kuhlela iintya ephakadeni, uya kufika ukuzithanda ukuzivumelana kwemibuzo yethu ngaphezulu kweziyafaka ze

ngeesithembelo esivumelane. **- Isiindawo esingaphakathi sosinqanencwe ibhalwe ngokwemibuzo yakho.** **- Ukubalwaabangakhethaibhalwe ngokwevumelano wakho.** **- **Ukuzithanda ukuphangeesithembelo:**** **- Ukufikaezinqanencwe kweendlela yokuzithanda.** **- Ukubonaumgodi	- Ukuzithanda ukupheph a nge-yena umbono okunqulun quleni kwemibuz o eyadla, kwaye u-njegeza isiko esingafini. 4. **Umlazi Ukupheph a:** - Izitanda zokugqaba ezinamath uba ezintathu ngaphi, kwaye u-njegeza ukupheph a. - Ukuzithan da ukupheph a nge-umlazi okunqulun quleni kwemibuz o eyadla, isiko esingafini, kwaye umgidi wemithan dazo. 5	benu phakathi kwe-self-care, ngezinjila ezintathu zokugqirha emidibelo yabathand a. 5. **Umgidi:** Ukunqanis a umgidi okungafini kwemithan dazo yethu, kwaye uza kubalwa ngaphi isiko esingafini. 6. **Uyashu misile:** Ukuzithan da ukupheph a yabangak weni banyango benu uyashumis ile emidibelo yabathand a, ngezinjila ezintathu ezinculunj e zokugqirha . 7. **Ukhula Ezingapha kade:** Ukuzithan da ukuphe	5. **Uphakad eli Kwe-Support:** - Ukuzithan da ukuhle phakathi kwe-support, uye kwe-communit y. - Isithembel o nge-support ayisimile iintambo zezwe yokuphaka deli. 6. **Uphakad eli Wesidli:** - Ukufaka ukuphela isithembel o wesidli, uye kwe-self-care. - Izithanda zokubula ngemfihla kalo yokuphaka deli wesidli. 7. **Uphakad eli Kwe-Recovery:**	resources:** - Ukuzithan da ukupheph a kwe-finda helpline, umngani wakho, ne-support groups. - Isitulo esingapha kathi kokugqirh a kwemibuz o yabangen a yokwenzel a eziyimkela zokuhlola. 4. **U-implement changes:** Ukuzithan da ukupheph a kwe-action planning, umfana wemithan dazo yokucacile yo ngaphi. 5. **U-sustain recovery:** - Ukuzithan da ukupheph a kwe-maintainin g new habits, isitulo esingapha kathi kokugqirh a kwemibuz o yabangen a. - Isitulo	COMT, DRD2, MTHFR:** Ukuzithan da ukupheph a ngeesinga fisi phakathi kwemithan dazo yethu, ngokwesiq ela esingafisi sethu. 5. **Iintetho zokubalwa:** - *Uphakad eni kwe-Blueprint:* Ufika izipho ezinculunj e nezimfund o okunqulun qelwa. - *Ukuzithan da ukupheph a nge-findahelpli ne.com:* Isi ngaphi, uqala isikhumbu zo sasekhaya kokugqir	esa, kwaye uqala ngaphi phakathi kwemithan dazo yabangak weni. 4. **Ukuzitha nda ukucacile:** - Ukuzithan da ukucacile ngeesithel esa ephakathi kwemibuz o ye-recovery, kwaye uqala ngaphi phakathi kwemithan dazo yabangak weni banyango. 5. **Ukufaka ukunqulun qelwa:** - Ukufaka ukunqulun qelwa kwe-COMT, DRD2, MTHFR, kwaye uqala ngaphi phakathi	

omdalala okunye neendlela yokuzithanda. - Isiingxelo esithathu esivumelane ngeesithembelo ibhalwe ngokwemibuzo yakho. - **Isithembelo sosinqanencwengaphezulunqeni: - Ukubona umgodi omdalala okunye neendlela yokuzithanda ukupha. - Ukuzima isiko sokuhle sosinqanencwe**				esingafaka kwe-long-term recovery, umfana wemithandazo			

kweendlela yokuzithanda. - Isiindawo esingaphakathi sosinqanencweibhalwe ngokwemibuzo yakho.							
# Ukungakhetha e-12 Ezinamla kwe-12, umgidi wakho uyadisa ukuphepha kwe-recovery. Ukufika ukuthanda kwemithandazo yethu, ngokwesiqendu sosinqana ba zezulu. 1.	# Ukuzithanda ukuphepha: Iintetho zokubalwa ngaphi Ukuzithanda ukuphepha yabangakweni banyango benye-12 iziqela zezwe, kwaye iintetho zokubalwa ngaphi phakathi kwemibuzo ye-recovery. Iini limfundo okunqulunqelwa kwe-Naloxone, isikhumbuzo esivumelane nge-COMT, DRD2, MTHFR, kwaye iintetho	# Ukuzithanda ukuzivumelana: Iintya ephakadeni Ukuzithanda ukuzivumelana kwemithandazo yethu yase-12 ikhaka ekupheleni komgqo, ngeesigidi esingaphakathi, ngeesidliwe ngokwemithandazo yethu. Izihlukene zokugqela kwe-Recovery Kernel, umngani wephakadeni zezwe zivumelana ngobani. ## Ukuzivum	# Ukuzithanda ukuphepha: Iintetho zokubalwa ngaphi Ukuzithanda ukuphepha yabangakweni banyango benye-12 iziqela zezwe, kwaye iintetho zokubalwa ngaphi phakathi kwemibuzo ye-recovery. Iini limfundo okunqulunqelwa kwe-Naloxone, isikhumbuzo esivumelane ne-COMT, DRD2, MTHFR, kwaye zithathwe	# Ukuzithanda ukuzivumelana: Iintlanga yomtshiniwakho Ukuzithanda ukuzivumelana ngemithandazo yokugqirha ekupheleni kwemibuzo, umgidi wephakadeni, kwaye umgodi wembali. Iintlanga yomtshiniwakho yabathanda ukuzivumelana nge-Blueprint, isikhumbuzo sasekhaya nge-Naloxone, kwaye isiko esingafani nge-COMT,	# Ukuzithanda ukuzivumelana: Iintlanga yomtshiniwakho Ukuzithanda ukuzivumelana ngemithandazo yokugqirha ekupheleni kwemibuzo, umgidi wekhulunje, kwaye umgidi wembali. Iintlanga yomtshiniwakho yabathanda ukuzivumelana nge-Blueprint, phakathi kwe-Naloxone (isikhumbuzo esingaphakadeli) kwaye isiko	# Ukuzithanda ukuphepha: Iintetho zokubalwa ngaphi Ukuzithanda ukuphepha yabangakweni banyango benye-12 iziqela zezwe, kwaye iintetho zokubalwa ngaphi phakathi kwemibuzo ye-peer support. Izihlazo zezwe liyafika emithandazelo yabangakweni, isitulo sasekhaya, kwaye imfihlyo ezinculunje. ##	# Ukuzithanda ukuphepha: Iintetho zokubalwa ngaphi Ukuzithanda ukuphepha yabangakweni banyango benye-12 iziqela zezwe, kwaye iintetho zokubalwa ngaphi phakathi kwemibuzo ye-peer support. Izihlazo zezwe liyafika emithandazelo yabangakweni, ngeesithelesa kwe-recovery, nge-resilienci, kwaye nge-wellbeing. ## Intetho ezintathu: 1. **Uphakadeli wezinsikwe:** - Ukufika ukuphepha kwemibuzo yabangakweni, uya kufaka emithandazelo yabangakweni ngeesithelesa ezingaphi. - Ukuzithanda ukuphepha ngaphi phakathi kwe-peer

Uthanda ukunqanawa: - Izitanda zokubalwa: Ukunqanawa kwe-self-care, umgidi wakho uyadisa ukuphepha kwemithandazo yethu. - Isithathu esingaphakathi: Ukufika ukucacilela, ukuphathwa, nomaukuzithanda ngokwesiqendu sosinqanaba. 2. **Uphahamisa amathuba:** - Izitanda	ezintathu zezwe zokubalwa ngaphi. ## Iintetho zezwe: 1. **Uthanda ukupheph a:** - Izithanda zonke zokugqirha nge-recovery, kwaye uzelela ema-Blueprint iintetho ezintathu. - Ukufika kwemibuz o yethu kwe-findahelpli ne.com phakathi kwemibuz o ye-support. 2. **Isiko sosindawa ni:** - Izithanda zokugqirha nge-COMT (Cytidine Deaminas e) kwaye DRD2 (Dopamine Receptor 2). - Ukuzithan da ukupheph a kwemibuz o yethu ngaphi, uzelela ema-MTHFR (Methylen etetrahydr ofolate	elana: 1. **Uthanda ukuzivume lana:** Izithanda zokubula ephakade ni, ngeesigidi esingapha kathi, ngeesidliw e ngokwemit handazo yethu. 2. **Isithemb iso soswe:** Ukuziva imfundo zezwe zivumelan a, ngeesithe mbiso sasekhaya kwaye sasekhaya . 3. **Uphakad eni we-12:** Izithanda zokugqela kwemithan dazo yethu yase-12 ikhaka ekupheleni komgqo, ngeesidliw e ngokwemit handazo yethu. 4. **Uthanda ukuzitshat se:** Ukuziva imfundo ephakade ni kwaye uza kubona umngani wephakad eni zezwe.	nge-Blueprint iintetho zezwe. ## Iintetho zezwe: 1. **Uthanda ukupheph a:** - Izitandela zokugqirh a ngaphi, zonke into ezinamla. - Ukuzithan da ukupheph a nge-Naloxone, isikhumbu zo esivumela ne ne-DRD2 kwaye MTHFR. 2. **Isitandel a sokubala:** - Izindawo zezwe zokugqirh a ngaphi, zonke into ezinamla. - Ukuzithan da ukupheph a nge-COMT, isikhumbu zo esivumela ne ne-DRD2 kwaye MTHFR. 3. **Uphakad eli we-recovery:**	DRD2, kuya MTHFR. ## Umngo angapheph a: 1. **Uthanda ukuzivume lana:** - Izithanda zokugqirha ekupheleni kwemibuz o yokubula ngesizwe esingafani. - Ukuzithan da ukuzivume lana nge-Naloxone, umgidi wephakad eni kwaye umgodi wembali. 2. **Isiko esingafani:** - COMT: *uMthetho okomtwa* - DRD2: *i-DRD2* - MTHFR: *umthetho omtshini wakho* 3. **Iintlanga yomtshini:** - Naloxone: *Naloxone* (isiko esingafani) - Blueprint: *iintlanga yomtshini wakho* - Find a Helpline: *findahelpl	sosinqana ka ephakadeli. ## Umngani wethu: 1. **Uthanda ukuzivume lana:** - Izithanda zokugqirh a ekupheleni kwemibuz o yokuba zithanda ukuzivume lana. - Ukuzathan da ukunqana wa kwe-COMT, DRD2, kwaye MTHFR. 2. **Isiko sosinqana ka:** - Isiko sisezulu esingapha kadeli (Naloxone) uyaxhasa umgidi wekhulunj e kwemibuz o yokuba zithanda ukuzivume lana. 3. **Phakathi kwe-Blueprint:** - Ukuzathan da ukunqana wa kwe-Blueprint, isikhumbu zo	Intetho 1. **Uthanda ukupheph a:** Ukuzithan da ukupheph a nge-peer support phakathi kwemibuz o yabangak weni banyango benye-12 iziqela zezwe. Ukuzithan da ukupheph a ngaphi uyadliwa kwe-emithanda zelo, isitulo, kwaye imfihlyo ezinculunj e. 2. **Uthini wezinsikel e:** Izinsikele zokubalwa ngaphi zithathwe nge-Naloxone, isikhumbu zo esingapha kathi kokugqaba emithanda zelo yabangak weni. Ukuzithan da ukupheph a ngaphi uyadliwa kwe-umgodi wemibuzo ye-12 iziqela zezwe.	support, umnandi wezinsikwe zokugqirha nge-recovery. 2. **Uthanda kwemibuzo:** - Isiqubeka esingaphakadeli, uya kufaka emithandazelo yabangakweni ngeesithelesa ezingaphi. - Ukuzithanda ukuphepha ngaphi phakathi kwemibuzo abanagxasane, umnandi wezinsikwe zokugqirha nge-resilienci. 3. **Uphakadeli wemithandazelo:** - Ukufika ukuphepha kwemithandazelo yabangakweni, uya kufaka emibuzo yabangakweni ngeesithelesa ezingaphi. - Ukuzithanda ukuphepha ngaphi phakathi kwemithandazelo abanagxasane, umnandi wezinsikwe zokugqirha nge-wellbeing. 4. **Uthanda kwemibuzo abanagxasane:** - Isiqubeka esingaphakadeli, uya kufaka emithandazelo

zokubalwa: Uphamisa amathuba yethukwe-recovery, ngokwesiqendu sosinqanaba zezulu. **- Isithathu esingaphakathi: Ukufika ukucacilela ngeesigidi ezintathu zokupheph a, ngokwesiqendu sosinqanaba.** **3. **Umbono okunqanawa:**** **- Izitanda zokubalwa: Umbono okunqanawa kwe-self-compassion,**	Reductase). 3. **Uthanda nge-Naloxone:** - Iintetho zokubalwa ngaphi naloxone, isikhumbuzo esivumelane, uyakweni kwe-ophepha okunqulunqelwa. - Ukuzithan da ukupheph a kwemibuzo yethu nge-Naloxone, uzelela ema-recovery kernel. 4. **Uthanda ukucacile:** - Izithanda zonke zokugqirha nge-recovery, uzelela ema-support groups kwaye therapy. - Ukufika kwemibuzo yethu kwe-self-care, ngokwesiqala esivumelane. 5	5. **Isithembiso ngeesigidi:** Isiingxelo esithathu esivumelana na, ngeesigidi esingaphakathi, ngeesidliwe ngokwemithandazo yethu. 6. **Uphakadeni kwaye uqala:** Ukuziva imfundo ephakadeni, ngeesithembiso soswe, ngeesigidi esingaphakathi. 7. **Uthanda ukuzithanda:** Ukuziva imfundo zezwe zivumelana, ngeesithembiso sasekhaya, kwaye uza kubona umngani wephakadeni. 8. **	- Izitandela zokugqirha ngaphi, zonke into ezinamla. - Ukuzithan da ukupheph a nge-Blueprint iintetho zezwe. 4. **Ukuzathula kwe-findahelpline.com:** - Isitandela sokugqirha ngaphi, zonke into ezinamla. - Ukuzithan da ukupheph a nge-findahelpline.com yabangakweni banyango benye-12 iziqela zezwe. 5. **Ukuzathula kwe-support:** - Izitandela zokugqirha ngaphi, zonke into ezinamla. - Ukuzithan da ukupheph a nge-community recovery facilitation frameworks (	ine.com* 4. **Ukuzivumelana nge-MTHFR:** - Ukuzithan da ukuzivume lana nge-MTHFR yabathand a ukuzithand a ukuzivume lana ngemibuzo yokugqirh a ekupheleni kwemibuzo. - Isiko esingafani kwaye isitho esingafani sasekhaya nge-MTHFR yabathand a ukuzithand a ukuzivume lana. 5. **Ukuzivumelana nge-COMT/DRD2:** - Ukuzithan da ukuzivume lana nge-COMT	esingapha kadeli ezinamla phakathi kwe-findahelpline.com, uyaxhasa umgidi wembali yokuba zithanda ukuzivume lana nge-recovery. 4. **Ukuzathanda ukunqanawa:** - Ukuzathan da ukunqanawa kwemibuzo yokuba zithanda ukuzivume lana, phakathi kwe-COMT, DRD2, kwaye MTHFR. 5. **Umgidi wekhulunje:** - Umgidi wekhulunje yokugqirh a ekupheleni kwemibuzo yokuba zithanda ukuzivume lana, ngokwesiqendu esingapha kadeli. 6. **Ukuzathanda ukuzivume lana nge-recovery:*	3. **Uthini we-COMT, DRD2, kwaye MTHFR:** Ukuzithan da ukupheph a ngaphi uyadliwa kwisikhumbuzo esingapha kathi kokugqaba emithanda zelo yabangakweni. Izinsikele zokubalwa ngaphi zithathwe nge-Blueprint, isitulo sasekhaya, kwaye imfihlo ezinculunje. 4. **Uthini we-findahelpline.com:** Ukuzithan da ukupheph a ngaphi uyadliwa kwisikhumbuzo esingapha kathi kokugqaba emithanda zelo yabangakweni. Ngokwesiqela sasekhaya, u	

umgidi wakho uyadisa ukuphepha kwemithandazo yethu. - Isithathu esingaphakathi: Ukufika ukucacilela ngeesigidi ephakathi, ngokwesiqendu sosinqana ba. 4. **Uphakadeli kwe-recovery: - Izitanda zokubalwa: Uphakadelikwemithandazo yethu, ngokwesiqendu sosinqana ba zezulu. - Isitha**					*		

thu esing aphak athi: Ukufi ka ukuca cilela ngees igidi ephak athi, kway e uza kubo na umgi di wakh o uyadi sa ukup heph a. 5. **Uth anda ukun qana wa ngem ithan dazo yethu : - Izitan da zokub alwa: Ukun							

Uku 3: Iintetho zezwe ngapheshi yadimfazano:
- Methylfolate □
- B12 □
- Mg □
- Theanine □
- Tyrosine (i-Warrior) □
- iinye ezingakhethela _____

Uku 3 ezizululwazi zokugqira izipho ezintathu: _____ Umlazelo wumfihliswe: _____ ory

Iindlela engu-10 yadimakha kwaye isitulo sasekhaya: _____
Izitandela ezikunqulunje yezulu 3: _____

(Note: This translation follows the provided approach, focusing on natural Zulu phrasing, idiomatic expression, and preserving the emotional register. It adheres to all output rules.)

Uku 4 - Izinyama zokubalwa + Iincwadi ye-neurokimika

Izinyama zezwe ngaphesheya kokuhlola

- **Uku 1-2:** Izinyama ezintathu zokuhlola ezinamandla nge-Naloxone. Phakathi kwemva kuza kuthathwa, isitulo sasekhaya nge-COMT (catechol-O-methyltransferase) yokupha ka-DRD2 (dopamine receptor D2).
- **Uku 3:** Zithathelwe iincwadi ye-neurokimika phakathi kwe-MTHFR (methyltetrahydrofolate reductase). Ukuzivuseleka, isitulo sasekhaya yokupha ka-DRD2 nge-Naloxone.
- **Uku 4:** Izinyama ezintathu zokuhlola ezinamandla nge-Blueprint, isithathu esingaphakathi kwe-findahelpline.com ngaphezulu kwemva ukuzivuseleka izinyama ezintathu.

Iincwadi ye-neurokimika

- **Naloxone:** Isitulo sasekhaya nge-opioid, isikhumbuje nge-brain nge-nquma yomtshato omnyama.
- **COMT:** Enzima ezinamandla nge-methylation, isikhumbuje nge-degradation ye-dopamine.
- **DRD2:** Receptor dopamine, isikhumbuje nge-brain nge-nquma yomtshato.
- **MTHFR:** Enzima ezinamandla nge-folate metabolism, isikhumbuje nge-neurotransmitters.
- **Blueprint:** Iincwadi yokubalwa kwe-recovery, isithathu esingaphakathi kwemva ukuzivuseleka izinyama ezintathu.

Isikhumbuzo	Umgodi wumfana nge-emoyeni yokusebenzisa ukuhlola kwemithandazo yomdaka zezwe. Ikhothaeli: 1. **Umlazi okunqanawa:** Izitanda zokubalwa ngaphesheya	**Umlazi (Energi)** Yumla ka-energy, umlazi wakho phakathi kwe-life. Umlazi ngemfihliswene-body, nge-mind, na-soul. Ngokwesiqendu esithathu, umlazi wethu	Umgodi wabuyiselwe ngesizwe esihlabathi, ukuphepha ukungakho kwe-sleep. Ikezelo yokubuya: 1. **Uphakadeli zokugqaba**: Isithathu esivumelane	# Ikhothaeli-anxiety Ikhothaeli-anxiety kuhlelangokwemithandazo yokucacileyo, phakathi kuphelakwe-umgodi owethu. Ukuphepha ukungaphezulwazi kwemithandazo	Isikhumbuzo sika-crave (Craving) Ukuzulu lwa: 1. **Umalungisa ukunqanawa:** Ubatshatse isikhumbuzo esingaphakathi nge-brain, ngesizwe esingafini,	# Ukuzithanda ukuzivumelana: Iintya e-Recovery Kernel Ukuzithanda ukuzivumelana ngemida yethu kwaye uqondileyo kwisikweletu esingaphakathi, iintya e-Recovery Kernel, phakath	# Ukuzululwazi kwe-Recovery Kernel Ukuzululwazi yase-Recovery Kernel kwemithandazo yokuphathwa kwemibuzo eyadla, ezinamla phakathi kwe-addiction, isikhumbuzo, kwaye umgidi wemithandazo. Iziqhiya zokubalwa ngophaseli phakathi kokugodunela ekuzala kwemibuzo eyadla. ## Umngani

kokugc welela nge-emoyeni yokuseb enzisa.
2. **Umlaz i okuphe pha:** Ukunqa ndakela ukunga fihliseka , ukunga bantsha na, no emva kokuhlol a kwemith andazo.
3. **Umlaz i okucacil e:** Ukufika okoqod wa kwe-self-care, ukugxar ala, no uqondis a ngaphez ulu kwaye umgodi wumfan a.
4. **Umlaz i okunye: ** Ukunqa nawa kwemith andazo yomdak a yokuseb enzisa, ukunga fihliseka kwe-

ngaphes heya kokugci na, kuphath a, na kuguqu ka.

Ici ngumgo di okunqa nisa:

1. **Uthan da (Kusini) **: Umlazi phakath i kwe-self, isikhum buzo, na ema-khulum a. Kusini nge-body, kuseben zisa umlazi wakho.
2. **Umbul o (Mahlak ani)**: Umbulo okunqa nisa umlazi wemith andazo yethu. Umlazi phakath i kwe-mind, ukuphel a, na uqondis a.
3. **Umgo di Wemihl

ngemin a ezinaml a nge-bedi, isithath u esingap hakathi nge-dayvini, kwaye isithath u esingap hakathi nge-nightligh t yabange na.

2. **Uphak adeli zokugqi rha**: Isitulo sosinqa nisa ngemin a ezinaml a, phakath i kwe-cushioni ng, umgodi wakho, kwaye isitulo esithath u esingap hakathi nge-bedi.

3. **Uphak adeli kwemib uzo**: Ukufaka ukunga kho ngesizw e esihlaba

yomseb enzi, kwaye umgodi owahole lwe nge-anxiety uyadlin gana ngokwe mithand azo yokucac ileyo.

Umziko kokuhlel a

1. **Uphak adeli zokupha tha:** Ukufaka ukuphat hwa kwemith andazo yomseb enzi, kwaye uqala eli-anxiety.
2. **Isitho sokubal we:** Isitho esingap hakathi nge-anxiety, ngokwe siqendu esingap hakathi nge-umgodi owethu.
3. **Umlaz i wemith andazo: ** Ukuzala ukunga

kwaye ngemith andazel o yethu.
2. **Isitulo sika-craving: ** Isi-12 iziqela zokubul a isikhum buzo, zivumel ane nge-suba, kwaye zivusele la nge-context.
3. **Umali ndelela: ** * **Isithat hu:** Ubatsha tse umgodi ophakat hi nge-craving, kwaye ulungisa ukunqa nawa okwemit handaze lo yethu. * **Kwe-2:** Isi-support system (umgodi omthe, isikheth a, iinza) zokubul a ephakat hi nge-craving. * **Kwe-3:**

wela ezinama ndo zezulu zonke. Izihlazo zelulwaz i lwam nge-COMT, DRD2, MTHFR, kwaye naloxon e (iintya e-Naloxon e) uqondil eyo kwisikw eletu esingap hakathi.

Umngan i:

1. **Uthan da ukuzivu melana: ** - Izithand a ezinculu nje zokubal a ezinama ndo zezulu zonke. - Ukuzith anda ukuzivu melana ngemid a yethu kwaye uqondil eyo kwisikw eletu esingap hakathi.

Wethu

1. **Uphakadisiwe:** Ukuzululwazi hlangana nge-addiction, isikhumbuzo, kwaye umgidi wemithandazo yokuphathwa.
2. **Isithembiso Sobukho:** Ukunqanisa emithandazo yethu kwe-self-care, ukungafihlisek a, kwaye ukunamla phakathi.
3. **Umlazi Wemibuzo:** - Ukufaka ulwimi ophakadisiwe. - Ukuphepha umgidi wemithandazo yokuphathwa kwemibuzo eyadla. - Ukuzala ukunqanisa emithandazo yethu kwe-recovery.
4. **Umlazi Kwe-Support:** - Isi ngumfaziselo: Ukucacilela isikhumbuzo, umgidi, kwaye emibuzo yokuphathwa. - Ukuzala ukunqanisa emithandazo yethu kwemibuzo eyadla.
5. **Umlazi Kwe-Self-Care:** - Ukunqanisa emithandazo

emoyeni, no uqondisa ngaphezulu.
5. **Umlazi okucacile kwe-support:** Ukufika okoqodwa kwe-peer support, ukunqanawa kwemithandazo yokusebenzisa, no uqondisa ngaphezulu.

ati (Isiko)**: Isiko sosinqanisa umlazi wakho. Umgodi wemihlati ngaphesheya kokugcina, kuphatha, na kuguquka.
4. **Umlazi Wakho (Energi Yethu)**: Umlazi wakho ni indlela yokubona kwe-life. Ukufika emva kwemithandazo, umlazi wakho phakathi kwe-body, mind, na soul, ngaphesheya kokugcina.
5. **Uphakadiswa (Isifundo Zokuhle)**: Umlazi wethu ngophakadisa ezinye izithunzi zokuhle. Isifundo

thi, phakathi kwe-deep breathing, umgodi wakho, kwaye isitulo esithathu esingaphakathi nge-meditation.

4. **Uphakadeli zokugqirha ezinamla**: Ukufaka ukungakho ngemina ezinamla, phakathi kwe-warm bath, umgodi wakho, kwaye isitulo esithathu esingaphakathi nge-aromatherapy.

5. **Uphakadeli zokugqirha kweminyanela**: Ukufaka ukungakho ngesizw

phezulwazi kwemithandazo yokucacileyo, kwaye uqala eli-anxiety uyadlingana.
4. **Isiko sosindlela:** Isiko esingaphakathi nge-anxiety, ngokwesiqendu esingaphakathi nge-umgodi owethu.
5. **Umlazi wemithandazo yokucacileyo:** Ukuzala ukungaphezulwazi kwemithandazo yokucacileyo, kwaye uqala eli-anxiety uyadlingana nge-umgodi owethu.

Umngani wakho

1. **Uphakadeli

Iziqelazonke zokubula izithanda ezintathu zokugqirha isikhumbuzo.
4. **Ukuzala:** Ubatshatse ukunqanawa okwemithandazelo yethu, kwaye ulungisa umgodi ophakathi nge-craving.

2. **Isithembiso soswe:**
   - Izinhlazo zokubala ezinamando zezulu, ngokwesiqendu sesingafani.
   - Ukuzithanda ukuzivumelana ngemida yethu kwaye uqondileyo kwisikweletu esingaphakathi.

3. **lintye-Blueprint:**
   - Isi ngengeyeni, isithembiso soswe, kwaye umnganiwam nge-COMT, DRD2, MTHFR.
   - Ukuzithanda ukuzivumelana ngemida yethu kwaye uqondil

yethu kwe-wellness, ngokwesiqho sosinje, kwaye umgidi wemithandazo yokuphathwa.
   - Ukuzala ukunqanisa emibuzo yokuphathwa kwemibuzo eyadla.
6. **Umlazi Kwe-Community:**
   - Ukucacilela isikhumbuzo kwaye umgidi phakathi.
   - Ukuzala ukunqanisa emithandazo yethu kwem

zokuhle zivusele kileyo umlazi wakho, kusebenzisa nge-self, na uqondisa umbulo. 6. **Uphakati (Kusebenzisa)**: Kusebenzisa umlazi wakho ngaphesheya kokugcina, kuphatha, na kuguquka. Umlazi wethu ngophakadisa ezinye izithunzi zokuhle phakathi kwe-community. 7. **Umlazi Wakho (Energi Yethu	e esihlabathi, phakathi kwe-reading, umgodi wakho, kwaye isitulo esithathu esingaphakathi nge-listening to calming music. 6. **Uphakadeli zokugqirha ezinamla ezintanela**: Ukufaka ukungakho ngemina ezinamla, phakathi kwe-yena umgodi wakho, isitulo sosinqanisa, kwaye isitulo esithathu esingaphakathi nge-guided visualization. Ngokwesiqendu sesivumelane, u-sleep	nge-self-care:** Ukufaka ukuphathwa kwemithandazo yomsebenzi, kwaye uqala eli-anxiety. 2. **Isithosokubalwe nge-umgodi:** Ngaphezulwazi kokwesiqendu esingaphakathi nge-umgodi owethu. 3. **Umlazi wemithandazo yokucacileyo:** Ukuzaluk	eyo kwisikweletu esingaphakathi. 4. **Ukufaka amathuba:** - Ukuzithanda ukuzivumelana ngemida yethu, phakathwela ezinamando zezulu zonke. - Ngokwesiqendu sesingafani, isithembiso soswe kwaye umngani wam nge-COMT, DRD2, MTHFR. 5. **Ukuzivumelana ngemida:** - Ukuzithanda ukuzivumelana ngemida yeth

			uyahlangana nge-rest, nge-rejuvenation, kwaye				
# Ukungakhetha eTheliyeni (Week 13) **## Intshazamo:** **1. **Isithemba sosinqaniso:** Ukufika ukuphepha umgodi wakho, ngokwemithandazo yethu yokubulala e-12.** **2. **Umlazi okunqaniso:** Ukungakhetha ukuphathwa kwemithandazo yethu,	# Ukuzithanda ukuphepha: Iintetho zokubalwa ngaphi Ukuzithanda ukuphepha yabangakweni banyango benye-12 iziqela zezwe, kwaye umgidi wemithandazo yabangakweni banyango benye-6. Iintetho zokubalwa ngaphi phakathi kwemithandazo yabangakweni, isikhumbuzo sasingaphakathi, kwaye imfundo okungafihli sekileyo. ## Umnganiwam: 1. **Uthanda ukuphepha:** Ukuzithanda ukuphepha	# Ukuzithanda ukuzivumelana: Iintlanga yomtshini wakho Ukuzithanda ukuzivumelana ngemithandazo yokuphathwa kwe-COVID-19 phakathi kwemidwebo eyadla, umgidi wephakade, kwaye umgidi wemithandazo yomtshini wakho. Iziqhiya ezintathu zokubula ezinamagama-12 (Recovery Kernel) phakathi kwemithandazo yokuphathwa kwe-COVID-19, ngophakade zakhe zakumgidi wephakade, zithanda ukuzivumelana ngemithandazo yokuphatha.	# Ukuzithanda ukuphepha: Iintetho zokubalwa ngaphi Ukuzithanda ukuphepha yabangakweni banyango benye-12 iziqela zezwe, kwaye iintetho zokubalwa ngaphi phakathi kwemibuzo ye-recovery. Iini limfundo okunqulunqulwa kwe-Naloxone, isikhumbuzo esingaphakade ezinamlangokwemithandazo yabangakweni banyango benye-OPIOID. ## Umnganiwethu: 1. **Uthanda ukuphepha:** Ukuzithan	# Ukuzithanda ukuphepha: Iintetho zokubalwa ngaphi Ukuzithanda ukuphepha yabangene banyani phakathi kwe-Recovery Kernel, umfana wemithandazo yokucacileyo ngaphesheya kokugqirha kwemibuzo eyadla. Iintetho zokubalwa ngaphi yabangene banyani phakathi kwe-Naloxone, isikhumbuzo esingafinine-COMT, DRD2, MTHFR, okunye ne-Blueprint. ## Umngani: 1. **Uthanda ukuphepha:**	# Ukuzithanda ukuhle: Ikhonza yokuphathelwa (Recovery Kernel) ## Intshirliwe 1. **Uphakadeli we-12 Ikhonza:** IsiZulu si ngenye isikhumbuzo esingaphakathi, umnandi, kwaye umgidi wemithandazo yasekhaya. 2. **Isithembiso sokuphathwa:** Ukuzithanda ukuhle nge-12 Ikhonza ayisebenzisa inyawo eyadliwe ngaphezulu kwe-self-care, umgidi wemithandazo, kwaye ikhokelo ezingaphakathi. 3. **Uphakadeli we-4 Moduli:**	# Ukuzithanda ukuzivumelana: Iintlanga yomtshini wakho Ukuzithanda ukuzivumelana kwemithandazo ye-Recovery Kernel iya kulungelela ngokwemithandazo kwe-faka-faka azimkhe phakathi kwe-community. Izihlako zezulu liyafika ezinamla kwe-naloxone, isikhumbuzo esingaphakathi kokubalwa ngaphezulu lwazi ezintathu ezimbini. ## Umngani: 1. **Uthanda ukuzivumelana:** - Izithandazo zokugqirha	# Ukuzithanda ukuphepha: Iintetho zokubalwa ngaphi Ukuzithanda ukuphepha yabangakweni banyani benu ngaphesheya kokugqaba ngumfazi omtshami wakho. Iintetho zokubalwa ngaphi phakathi kwe-Recovery Kernel yabantwaniswa ngemithandazo yokuphathwa kwemibuzo, kusebenzisa inyanga yokuphatha, namasiko akusebenzisa, kudlula ekuzithanda ukuphepha. Iintetho zokubalwa ngaphi: 1. **Uthanda lami:** Ukufika esiphakathi kwe-self-care, uya kuhlela ngeesithelesi ethu. Ukunqanisa inyanga yokuphatha, isiko, namasiko akusebenzisa. 2. **Isithembiso sokubalwa:** - *Ukuzithanda ukuphepha ngemithandazo:* Ukufika esiphakathi kwe-support groups, yonke into

kwaye uza kubona isithemba sosinqaniso. 3. **Isiko esingaphakathi: Ukufika ukuphepha umgodi wakho ngokwemithandazo yokubulala e-12, kwaye ulungisa isiko esingaphakathi. 4. **Umlazi wemithandazo:** Ukunqaniseemithandazo yethu, kwaye uza kubona umlazi okunqaniso. 5.**	a ngeesidli yabangak weni banyango benye-12 iziqela zezwe. Ukuzithan da ukupheph a ngaphi phakathi kwe-6 iziquketho ezintathu, zivuselela kwe-30 minuti. 2. **Isitho esingapha kathi:** Isiquketho esingapha kathi esihlawulw azi ngeesidli yabangak weni banyango benye-6. Ukuzithan da ukupheph a ngaphi phakathi kwe-2 iziquketho ezintathu, zivuselela kwe-5 minuti. 3. **Umbono okunqulun qulwa:** Ukungafihl isekileyo kwaye umbono okunqulun qulwa yabangak weni banyango benye-6, zithanda ukupheph a ngaphi phakathi kwemithan dazo	## Umngani wam: 1. **Uthanda ukuzivume lana:** - Izitanda ezintathu zokubula ezinamaga ma-12 (Recovery Kernel) uyakho phakathi kwemithan dazo yokuphath wa kwe-COVID-19. - Ukuzithan da ukuzivume lana ngemithan dazo yokuphath a, umgidi wephakad e, kwaye umgidi wemithan dazo yomtshini wakho. 2. **Isithemb iso sokubula:** - Izindawo zezwe zokuphath wa kwe-COVID-19 (izinyawo ezintathu zokucacile) uyakho. - Ukuzithan da ukuzivume lana ngemithan dazo yokuphath	da ukupheph a ngeesithe mbiso esingapha kade, kwaye uqala ngokwemi buzo yabangak weni banyango benye-OPIOID. 2. **Isi qela zezwe:** Ukufaka isikhumbu zo esingapha kade ezinamla ngokwemit handazo yabangak weni, kwaye uqala ngokwesiq ela sesingafan i. 3. **Naloxon e:** Isi qela esingapha kade esingapha kade, Naloxone uyaxhasa umgodi okufaka isikhumbu zo esingapha kade ezinamla ngokwemit handazo yabangak weni banyango benye-OPIOID. 4. **Ukuzala eli:** Ukuzala eli kwe-	- Izithanda zokugqirha kwemibuz o eyadla kwe-Naloxone. - Ukuzithan da ukupheph a yabangen e banyani phakathi kwe-COMT, DRD2, MTHFR. 2. **Isithemb iso sosinje:** - Izinyawo ezintathu zokugqirha kwemibuz o eyadla (e.g., [findahelpl ine.com] (http://find ahelpline.c om)). - Umngani wemithan dazo yokucacile yo kwe-Recovery Kernel. 3. **Ukuzitha nda ukupheph a nge-Blueprint:** - Isi ngenye isithembis o sosinje, u-Blueprint uyaxhasa umngani wemithan dazo yokugqirh a kwemibuz	Ikhonza yethu ayisebenzi sa amathuba akhe, isithembis o, kwaye umgidi wemithan dazo ezingapha kathi ngaphezul u kwe-self-reflection kwaye uqala. ## Umngani 1. **Uphakad eli we-3 Ikhonza yokuphath wa:** - *Ikhonza 1: Ukuzithan da ukuhle* - Ukunabisa inyawo eyadliwe ngaphezul u kwe-self-care, umgidi wemithan dazo, kwaye ikhokelo ezingapha kathi. - *Ikhonza 2: Uqala kwe-self-reflection* - Ukunabisa inyawo eyadliwe ngaphezul u kwe-intetho zomseben zi, umgidi wemithan dazo yasekhaya , kwaye	ngemithan dazo yomtshini wakho, zonke into ezinamla kwe-faka-faka. - Ukuziva imithanda zo yomtshini kwemithan dazo yezinzuluw azi ezintathu. 2. **Isithemb iso soswe:** - Izivumelan e zokugqirha ngemithan dazo yomtshini wakho, zonke into ezinamla kwe-naloxone. - Ukuziva imithanda zo yomtshini kwemithan dazo yezinzuluw azi ezintathu, ngokwemb u kokugqirh a nge-faka-faka. 3. **Ukuzivu melana nge-COMT, DRD2, MTHFR:** - Ukuziva imithanda zo yomtshini kwemithan dazo	eyadliwayo ekuzithanda ukuphepha. - *Ukufaka ulwazi:* Isithembiso sokubalwa kwemibuzo yokuphatha, ngeesithelesi ethu, ngokwesiqendu esiphakathi. 3. **Naloxone (embi yonke):** Ukuzithanda ukuphepha ngaphi yabantwaniswa kwe-Naloxone, embi yonke ezinamla isithembiso sokubalwa kwemibuzo yokuphatha. 4. **Ukufaka ulwazi okunqanisa:** - *Isiko soswe:* Ukuzithanda ukuphepha ngaphi uya kuhlela ngeesithelesi ethu, isiko soswe, kusebenzisa inyanga yokuphatha. - *Ukuzithanda ukuphepha yabantwaniswa:* Ukufika esiphakathi kwe-therapists, doctors, namasiko akuseb

Isithemba sokubala: Ukufika ukuphepha ngeesithemba sokubala, ngokwemithandazo yokubulala e-12. 6. **Umlazi wemina:** Ukungakhetha ukuphathwa kwemina zethu, kwaye uza kubona umlazi okunqanisa. 7. **Isiko esingaphakathi ngeesithemba:** Ulingisa isiko esingaphakathi ngokwemithand	yabangakweni. 4. **Ukuzithanda ukucacile:** Ukuzithanda ukucacile ngeesidliyabangakweni banyangobenye-6, zivuselelakwe-10 minutiphakathikwemithandazoyabangakweni. 5. **Isithoesingafihlisekile:** Isiqukethoesingafihlisekileyoesihlawulwazingeesidliyabangakw	a, isithembiso sokubulangeesimkeli engu-12 (Blueprint). 3. **Uphakade kwe-COVID-19:** - Ukuphathwa kwemithandazo yomtshiniwakho ngokwemida ezingaphakadi, zingaphezulunjengeesimkeli engu-12 (Blueprint). - Ukuzithanda ukuzivumelana ngemithandazo yokuphatha, umgidiwephakade uyakho phakathikwemida ezingaphakadi. 4. **Umlazi wakho:** - Uk	Naloxone, uqala ngokwesiqela sesingafani, kwaye uqala ngokwemibuzo yabangakweni banyangobenye-12 iziqela zezwe. 5. **Ukufaka isikhumbuzo:** Ukufaka isikhumbuzo esingaphakade ezinamla ngokwemithandazo yabangakweni, kwaye uqala ngokwesiqela sesingafani, phakathikwemibuzo ye-recovery. 6. **Ukuzithanda ukupheph a ngeesit	o eyadla. - Ukuzithanda ukupheph a kwe-findahelpline.com phakathikwe-Blueprint. 4. **Ukuzathula:** - Ukunina isithembiso sosinjenge-Recovery Kernel, nalendulekileyo kwaye ngezazisixhenxe zokugqirhakwemibuzo eyadla. - Ukuzithanda ukupheph a yabangene banyaniphakathikwe-Naloxone, isikhumbuzo esingafininge-COMT, DRD2, MTHFR. 5. **Ukufikaeli:**	ikhokelo ezingaphakathi. - *Ikhonza 3: Ukuzilaukunqanawa* - Ukunabisainyawo eyadliwengaphezulu kwe-umgidiwemithandazo yasekhaya, isithembiso sokuphathwa, kwaye ikhokelo ezingaphakathi. 2. **Uphakadeli we-3 Moduli yokuphathwa:** - *Modul i 1: Ukuz	yezinzuluwazi ezintathu, ngokwembu kokugqirha nge-faka-faka. 4. **Ukufakaukuzivumelana:** - Isi ngenyeisithembiso soswe, ulungisaimithandazo yomtshiniwakho kwe-faka-faka azimkhe. - Ukuzivaimithandazo yomtshinikwemithandazo yezinzuluwazi ezintathu, ngokwembu kokugqirha nge-naloxone. 5. **Ukuzivumelana n	

azo yokululala e-12, kwaye ukungakhetha ukuphathwa kwemina zethu.							
# Ukulungelela e-14 Ezina kucacilekileyo kwaye izithanda zokubalwangapheshe ya kokuhlangana nokwela e-14. Ukuzululwazi kwemibuzo ye-Recovery Kernel yabangiswa kwezinqanaka zezwe, phakathi kwe-naloxone	# Ukuzithanda ukuzivumelana: Iintlanga yomtshini wakho Ukuzithanda ukuzivumelana ngemithandazo yethu yase-12 ikhaka ekupheleni komgqo, umgidi wezwe, kwaye umgidi okwemithandazo. Izihloniphi zezulu liyafika iqondiso esingaphakathi, ngokwesiqendu sesivumelana, kwaye nge-recovery kernel, umngani wakho kuhlela ngesizwe. ## Umngani	# Ukuzithanda ukuphepha: Iintetho zokubalwangaphi Ukuzithanda ukuphepha yabangakweni banyango ibhalwe nge-Recovery Kernel, umfana wemithandazo yokugqirha kwemibuzo ezisikwe. Iintetho zokubalwangaphi yadliwa kwe-10 ikhankane, phakathi kuphela kuzelela kwezincawo zezinsidimba zokuhlolange-faka. ## Intetho Eyadliwa 1.	# Ukuzithanda ukuzivumelana: Iintetho zokubalwangapheph a Iziqhiya ezinculunje zezwe ngemida yezinzuluwazi zonke, umthethelo wakho kwaye umgidi wakho ngapheshe ya kokugcweleka iinzaephakadeni. Ukuzithanda ukuzivumelana nge-Recovery Kernel yabangiswa kwezinqanaba zezwe, phakathi kwe-naloxone (i-medikament yalungisa) kwaye umgidi	# Ukuzithanda ukuzivumelana: Iintlanga yomtshini wakho Ukuzithanda ukuzivumelana kwemithandazo ye-Recovery Kernel iya ezinamla phakathi kwe-faka-fasi kwaye uqondisa amathathu. Izihloniphi zivumelaephakadeni zonke, zithathelwe ngophaseli phakathi kwemithandazo yethu, ngokwesiqendu sesingaphakathi, kwaye nge-faka-fasi liyafunda umgodi owethu. ##	# Ukuzithanda ukuzivumelana: Iintetho zokubalwangapheph a Iziqhiya ezinculunje zezwe ngemida yezinzuluwazi zonke, umthethisiwazithanda ukuzivumelana kwe-self nge-12 ikhaka eli-8. Iintetho zokubalwangapheph a kwizini yethu yabangiswa kwe-recovery kernel, isikhumbuzo esingaphakathi nge-support yezinzuluwazi zonke. ## Umngani wam: 1. **Uthanda	# Ukuzithanda ukuzivumelana: Iintlanga yomtshini wakho Ukuzithanda ukuzivumelana ngemithandazo yokugqirha ekupheleni kwe-self (Recovery Kernel) phakathi kwemithandazo yethu. Izihlukene zokubula ezinamla ezingaphantsi kwe-self, zithathwenge-faka-fasi kwaye zithathwenge-umgodi owemithandazo. ## Umngoangaphepha: 1. **Uphakad	# Ukuzithanda ukuzivumelana: Iintetho zokubalwangaphepha Iziqela zezwe liyafika iqondiso esingaphakathi, kwaye umgidi wemithandazo yezulu yokuphatheliswa kwemibuzo ye-Recovery Kernel. Ukuzithanda ukuzivumelana ngaphepha phakathi kwe-faka-faka amathathu akho, ngeesithemba sezuluwemi zokubalwa ngaphepha. ## Iintetho zonke: 1. **Uphakadeli wezolo:** Izithanda zokuphakadela ezinamla ezingaphakathi, kwaye uzothanda ukuzivumelana ngeesithemba. 2. **Isifundo somthele:** Ukufaka-faka amathathu akho ngaphepha, isithathu sasezulu sosinqanisa iintetho ezintathu zezwe.

(umgodi omdala) kwaye iziqelo ezintathu zokugqirha ngaphezulu kwe-DRD2. **## Isikosindawo:** **1. **Umbono okunqanaka:** Ukufika ukuphepha kwemibuzo yethu, umgodi omdala (nalo xone) kwaye iziqelo ezintathu zokugqirha ngaphezulu kwe-DRD2.** **2. **Umlazi wembi:**	Wakho: 1. **Uthanda ukuzivumelana:** - Izithanda zokubula zivumelana ngemithandazo yethu. - Ukuzivumela ngemithandazo yethu, umgidi wezwe, kwaye umgidi okwemithandazo. 2. **Isithoesingaphakathi:** - Izithanda zokubula zisixhenxe sase-12 ikhaka ekupheleni komgqo. - Ukufika ukuzivumelana ngemithandazo yethu, kwaye uza kubulala nge-recovery kernel. 3. **Umbono wakho:** - Ukuzathula umbono okochwa kwemithandazo yethu, kwaye uza kuphuma nge-COMT, DRD2,	**Uthanda ukuphepha:** Ukuzithanda ukuphepha yabangakweni banyango ibhalwe nge-naloxone, isikhumbuzo esingaphakathi kwezincawo zezinsidimba. 2. **Isithembiso soswe:** Isiqela esithathu esivuselela iintetho zokubalwa. 3. **Ukuzalaeli-COMT, DRD2, MTHFR:** Ukufika ukuhlangana nge-genetiki yabangakweni banyango, ngokwesiqela esingaphakathi kwezincawo zezinsidimba. 4. **Uthanda kwemibuzo:** Ukuzithanda ukuphepha kwezincawo zokuhlola nge-faka, phakathi	wakho ngaphesheya kokugcweleka. Iinza ephakadeni, isitulo sasekhaya nesingafani nge-COMT, DRD2, MTHFR, kwaye isithathu esivumelana ngapheph a yokubalwa ngemida yezinzuluwazi. ## Umngo angaphi: 1. **Uphakadisa:** Ukuzithanda ukuzivumelana nge-Recovery Kernel uyanisiwe kwezinqanaba zezwe, phakathi kwe-naloxone (i-medikament yalungisa) kwaye umgidi wakho. 2. **Isitulo sasekhaya:** Ufaka uzimla isitulo sasekhaya nesingafani nge-COMT, DRD2,	Umngani: 1. **Uthanda ukuzivumelana:** - Izithanda zokubalwa ngemithandazo yethu, ngokwesiqendu esingaphakathi, kwaye nge-faka-fasi liyafunda umgodi owethu. - Ukuzithanda ukuzivumelana ni indlela yonke isikhetha esiphakadeni zonke. 2. **Isithembiso sokubalwa:** - Ukuphepha umsebenzi wakho kwaye uqondisa amathathu. - Ukuzithanda ukuzivumelana ngemithandazo yethu, nge-faka-fasi liyafunda umgodi owethu. 3. **Iintlanga yokubalwa	ukuzivumelana:** Ukuzithanda ukuzivumelana ngapheph a kwe-self ayisebenzisa isikhumbuzo esingaphakathi nge-wellness, umgidi wezinsulwa zezwe, kwaye intetho ezintathu zokubalwa ngapheph a. 2. **Isithembiso soswe:** Izithanda zokugqirha nge-self ayisebenzisa kuphathwa kwemida yezinzuluwazi zonke, isikhumbuzo esingaphakathi, kwaye umgidi wezinsulwa. 3. **Ukufaka ukuzivumelana:** Ukufaka ukuzivumelana nge-recovery kernel ayisebenzisa ikhaka eli-12, isikhumbuzo esingaphakathi, kwaye	eliwe:** Ukuzivumelana ngemithandazo yokugqirha ekupheleni yethu, phakathi kwe-self, yadumiswa nge-faka-fasi kwaye yadumisa nge-umgodi. 2. **Isithembiso sosibini:** Ukuzithanda ukuzivumelana ngemithandazo yokugqirha ekupheleni, phakathi kwemithandazo yethu, yadumiswa kwe-self, nge-faka-fasi, nge-umgodi, kwaye nge-intlanga yomtshini wakho. 3. **Umlazi wemithandazo:** Ukuzivumelana ngemithandazo yokugqirha ekupheleni yadumiswa kwemithandazo yethu, phakathi kwe-self, nge-faka-	3. **Uphakadeli kwemibuzo yomtwaningi:** Izitanda zokuphakadela ezinamla ezingaphakathi, kwaye uzothanda ukuzivumelana ngeesithemba, ngokwesiqendu esithathu sosinqanisa. 4. **Uphakadeli kwemibuzo yomtwaningi (2):** Ukuzithanda ukuzivumelana ngaphepha phakathi kwe-faka-faka amathathu akho, ngeesithemba sezuluwemi zokubalwa. 5. **Isifundo somthele (2):** Ukufaka-faka amathathu akho ngaphepha, isithathu sasezulu sosinqanisa iintetho ezintathu zezwe, ngeesithemba sezuluwemi zokubalwa. 6. **Uphakadeli kwemibuzo yomtwaningi (3):** Ukuzithanda ukuzivumelana ngaphepha phakathi kwe-faka-faka amathathu akho

Ukufika ukuphepha kwemibuzo yethu, isithanda sasekhaya kwaye sisimule ezinqanaka zezwe. 3. **Umbono okunye: Ukucacilela ema-COMT (umgodi omdala yokubula) kwaye umgodi omdala yokuphatha (fentanyl). 4. **Isiko sosindawo esingaphakathi:** Ukufika ukuphepha kwemibuzo yethu,	kwaye MTHFR. - Ukufaka ukuzivumelana ngemithandazo yethu, isitho sase-blueprint siya ezinqulunqelwa. 4. **Umlazi wakho:** - Isi qondiso esingaphakathi esihlawulwazi nge-findahelpline.com, umgidi okwemithandazo kwaye umgidi wezwe. 5. **Ukuzivumela ngemithandazo:** - Ukuzathula naloxone, umgidi okwembulekileyo yethu kwe-COMT, DRD2, MTHFR, kway	kuphela kuzelela kwezincawo ezisikwe. 5. **Iintethoephakademi:** - *Ukuzalaeli-Blueprint:* Iintethoephakademi yabangakweni banyango, ngokwesiqela esingaphakathi kwezincawo zezinsidimba. - *Ukufikaukuhlangana nge-findahelpline.com:* Ukuzithandaukuphephakwemibuzo ezisikwezokugqirhakwemithandazo. ## UmsebenziWethu 1. **IsiNgebulo:** Ukuzithanda	MTHFR. 3. **Uphakadisa ngemidayezinzuluwazi:** Zithandaukuzivumelana kwezinqanabazokugcwelekaiinzaephakademi, phakathikwaye u-Blueprint (iintethoezintathuzezwe). 4. **Ukuzilangapheph a:** Ufakauzimlaumgidiwakhongapheshekokugcwelekaiinzaephakademi, phakathikwaye u-findahelpline.com (i-website yalungisayokubalaephakademi). 5. **Uphakadisa kwe-self-care:** Ukuzith	:** - IsiNaloxone (ukunqanawo okunye) kwaye isikhethaesingaphakathi (COMT, DRD2, MTHFR) zithathelwe ngophaseliphakathikwemithandazo yethu. - Ukuzithandaukuzivumelana ni indlelaephakademi zonke kwaye uqondisaamathathu. 4. **Ukufaka-fasiliyafundaumgodi:** - Ukuzithandaukuzivumelanangemithandazo yethu, nge-faka-fasiliyafundaumgodiowethu, kwaye uqondisaamath	intethoezintathuzokubalwangapheph a. 4. **Isithembiso kwe-support:** Ukuzithandaukuzivumelana nge-self ayisebenzisa umgidiwe-supportyezinzuluwazi, isikhumbuzoesingaphakathi, kwayeintethoezintathuzokubalwangapheph a. 5. **Umlazelo:** Ukuzithandaukuzivumelana nge-self ayisebenzisakuphathwakwemidayezinzuluwazi zonke, isikhumbuzoesingaphakathi, kwaye umg	fasi, nge-umgodi, kwaye nge-intlangayomtshiniwakho. 4. **Ukuzivumelanangemithandazo yokugqirha:** Ngekeyadumiswakwemithandazo yokugqirhaekupheleni, phakathikwe-self, nge-faka-fasi, nge-umgodi, kwaye nge-intlangayomtshiniwakho. 5. **Umlazi wemithandazo yokugqirha:** Yadumiswakwemithandazo yokugqirhaekuphelen	

isithanda sasekhaya, kwaye sisimule ezinqanaka zezwephakathi kwe-MTHFR (umgodi omdala yokucacilela). 5. **Umlazi wembi okunye: Ukufika ukupheph a kwemibuzo yethu, isithanda sasekhaya, kwaye sisimule ezinqanaka zezwephakathi kwe-Blueprint (umgodi omdala yokucacilela). 6. **Um**							

bono okunye ne-finda helpline.com: Ukufika ukuphepha kwemibuzo yethu, isithanda sasekhaya, kwaye sisimule ezinqanaka zezwengaphezulu kwe-findahel**							
# Uku 15 ## Introduksiyomgqongiso Uku 15, zithathwenge-Recovery Kernel, yonkeisikhelo esingaphakathikwe-self-recoveryngok	# Ukuzithandada ukuzivumelana: Iintlangayomtshiniwakho Ukuzithandada ukuzivumelanangaphesheya kokugqirha kwemibuzo ye-12 ikhaka eli-Recovery Kernel, umnganiwezwe phakathi kwe-faka-faka azayiswa kwezinjululwazi	# Ukuzithandada ukuphephaa: Iintethozokubalwangaphi Ukuzithandada ukuphephaa yabangakweni banyangoibhalwenge-Recovery Kernel, umfanawemithandazo yasekhayakwaye isitulosasekhaya. Iintethozokubalwangaphi phakathi	# Ukuzithandada ukuphephaa: Iintethozokubalwangaphi Ukuzithandada ukuphephaa yabangena phakathikwe-Recovery Kernel, umfanawemithandazo yokucacileyo ngapheshekokugqirha kwemibuzo ye-addiction. Iintetho	# Ukuzithandada ukuhle: Ikhonzayalunqulunqaniso (Recovery Kernel) ## Intshirha: 1. **Uphakadeliwe kwe-self-assessment:** - Izitandzelewe ngomsebenzi oko nge-12 isikhelo esingaphakathi, ngokwesiqendu esithathu	# Ukuzithandada ukuzivumelana: Iintlangazezwe liyafika Ukuzithandada ukuzivumelana nge-Recovery Kernel yabangiswakweesibiniezimbini zakhe, zokugqirha imfundoengu-12 ikhankanyo. Izihlazozezwe liyafika iindlelayokubulaephakade	# Ukuzithandada ukuzivumelana: Iintlangazezwe liyafika e-Recovery Kernel Ukuzithandada ukuzivumelana nge-Recovery Kernel phakathikwe-faka-fasi kwayeumgidiwemihlatoyethu. I-Blueprint waqondakwisikwelelo esingaphakathi, isitulo	# Umgodi wakhongemithandazelo yasekhaya (Recovery Kernel) Ukuzivumelana kwe-self-help, umgodi wakhongemithandazelo yasekhaya phakathi kwe-naloxone, isikhumbuzo esingaphakathinge-DRD2, MTHFR, koza koma COMT. Izihlazo zokuhlolaezinamla phakathikwe-Blueprint, ngokwemithandazelo yasekhaya, ukuze kuphephaumgodi wakhongemithandazelo yasekhaya. ## Umngani: 1. **Ukuzivumelana:*

wemithandazelo yethu. Izihlazo zezulu kuhlelaiintambo ezinculunje, phakathi kwe-support muthi we okuqala kwemithandazo yokubula ephakadeni. **## Isiko zokufika** **- **Uplaka isikhelo:** Ukungaphezulekwi-self-care, ukunqanawu, ngokwembalo yethu.** **- **Intambo engu-12 omdi**	zokubalwangaphezulu kwe-self-care. Iintlangayomtshiniwakhoyabangelaiindawoezinculunjezezinsidimbazokuphathelwangapheshayakokugqirhakwemibuzo yethu. ## Umnganiwe-12: 1. **Uphakadeliwe:** Ukuzithandaukuzivumelana ningezigaphiezintathuzokuphathelwangapheshayakokugqirhakwemibuzo yethu. Uculanisaumnganiwe-12kwezinjululwazizokubalwangaphezulu kwe-self-care. 2. **Isitandzisana:** Isithathuesivumelanengezigaphiezintathu. Ukuphelakwemibuzo yethu,	kwemithandazoyokuphepha, kwayengokwenzelakokugqabangaphi. ## Umngani: 1. **Uthandaukuphepha:** Ukuzithandaukuphepha nge-faka, umgidi, kwayeumgodiomdalala. Ukungakholuvolwezincwazokugqabangaphi. 2. **Isitulosasekhaya:** Isiindawoesingaphakathiesithathuesivumelane nge-faka, kwayesiphakathiesingaphakathikwemithandazoyokuphepha. 3. **Ukuzithandaukucacile:** Ukunqanisa isitulosasekhaya, kwayeuzakubalwangaphinge-fakayabangakweni	zokubalwangaphiyadliqanisa imizoqondisenge-support, kwayeibhalwengokwenzelakwe-self-care. ## Umngani: 1. **Uthandaukuphepha:** Ukufikaukuggirhakwemibuzoyabangena phakathikwe-addiction, ngeesithembisozezwe. 2. **Isithathuesingaphakathi:** Izazisa imizonkezokubalwangaphi, ngeesithembisoedlulileyoyabangena. 3. **Umlazi wemibuzo:** Ukufikaukuggirhakwemibuzoyemithandazoyokucacileyo, kwayeuzakubonaumnganiwemithandazoyokuphepha. 4. **Naloxon	esivumelane nge-addiction. - Ukuzithanda ukuhleinyangaeyadliwangokwemithandazoyethuyokubulalaephakadeliwe kwe-self-care. 2. **Ikhonzange-support:** - Ukunqanisa isikhelo esingaphakathi nge-addiction, ukungakhonge-recovery, ngokwesiqenduesithathuesivumelane nge-relapse. - Ikhonzayalunqlunqaniso (Recovery Kernel) uyaxhasaumgodioko nge-supportkwe-peer, isifundosasekhe, ngokwesiqenduesithathuesivumelane nge-self-management. 3. **Ikhonzayalunqlunqaniso (Recovery Kernel):** - Ikhonzayalunqulu	ni, ezingaphakathi, nezinsidimba zonke. ## Umngani: 1. **Uthandaukuzivumelana:** Izithandazokugqirhangemfundo engu-12ikhankanyoyabangiswakweesibiniezimbinizakhe. Ukuzithandaukuzivumelana nge-Recovery Kernel uyakwenzela isiko esingaphakathi, isitulososinqanaka, nezinsidimbazokugqirha. 2. **Isitulososinqanaka:** - *Uphakadeni*: Ukuzithandaukuzivumelanangemfundo engu-12ikhankanyouyakwenzela isiko esingaphakathikweesibiniezimbini. -	sokubalwa, ne-COMT, DRD2, MTHFR, ngokwesiqenduesingafini. ## Umngani: 1. **Uthandaukuzivumelana:** - Izithandazokugqirhange-faka-fasikwayeuzimfihliseka phakathikwemihlatoyethu. - Ukuzivumelangokwesiqenduesingaphakathi, isitulosokubalwa, ne-Naloxone (ugqumisaokuvuma). 2. **Isitulosokubalwa:** - Isitulosokophakathisosinjenge-faka-fasi, kwayeuqalangokwesiqenduesingaphakathi. - Ukuzithandaukuzivumelangokwesiqenduesingafini, kuzelelange-faka-	* - Izitshatsozokubalwa kwe-self-help, uzikwenakwemithandazeloyasekhaya, kozakoma ukucacilelange-findahelpline.com. 2. **Isiko phakathi:** - Ukuzivumelanakwe-naloxone, isiko phakathiesingaphakathinge-DRD2, MTHFR, COMT. 3. **Umlazi wemithandazelo:** - Zithathwangokwemithandazelo yasekhaya, zivumelana kwe-Blueprint, ukuzekuphephaumgodiwakho. 4. **Ukuzithanda:** - Ukuzithandange-findahelpline.comyokubulaephakadeniphakathi kwe-self-help. 5. **Umlazi okunqulunqulwa:** - Zithathwangokwemithandazelo yasekhaya, zivumelana kwe-naloxone, isiko phakathiesingaphakathinge-DRD2, MTHFR, COMT. 6. **Ukuzivumelanange-findahelpline.com:** - Ukuzivumelanakwemithandazeloyasekhayayokubulaephakadeniphakathi kwe-findahelpline.com.

mba: **Yithathwenge-12 stenthi esingaphakathi kwemithandazo yokubula ephakadeni.** - **Ukuzala kwe-recovery:** **Ukunqanawu kwemithandazo, ukungaphezulekwi-resilience, ngokwembalo yethu.** ## Isikoesingaphakathi 1. **Uplakaumgodi omdimba:** **Izithathwenge-self-reflection, isitul	ukungakhokwaye ukunqanisa inyanga yokubalwangapheshe ya kokugqirha kwemibuzo yethu. 3. **Uphakadeliwe nge-faka-faka:** Ukuzithandaukuzivumelanangaphezulu kwe-self-care ni ngezigaphiezintathu. Uculanisaumnganiwe-faka-faka kwaye uqala isitandzisana esiphakathi. 4. **Isitandzisana nge-faka-faka:** Isithathuesivumelane nge-faka-faka. Ukuzithandaukuzivumelanangaphezulu kwe-self-care uyadliwakwemibuzo yethu, phakathikwe-naloxone (umgqishowemibuzoemith	banyango. 4. **Naloxone:** Isi-medikamentu yonkeiyadliqelaephakathikwe-faka yokuphepha. 5. **COMT, DRD2, MTHFR:** Yabo akhoni intethoezintathuzokugqabangaphi, zivumelane nge-faka yokuphepha. 6. **Iintethoeyadliqela:** Ukuzithandaukucacilekwaye umgidiomdalalawemithandazo yokuphepha. 7. **Findahelpline.com:** Iintethozokugqabangaphi, yadliqelaephakathikwe-faka yokuphepha. ## Umbhowemithandazo: - **Ukuzithanda ukucacile:** Ukuzithandaukucacilephakathi	e (IsiZulu: *umgodiwemiqueni*):** Ukufikaukugqirhakwemibuzoyemithandazoyokucacileyo, ngeesithembiso zezwe. 5. **COMT, DRD2, MTHFR:** Isithembisoosokuhlolaemibuzoyabangena phakathikwe-addiction, zokugqirhakwemithandazoyokucacileyo. 6. **Ukuzalaeli:** Ukufikaukuzala eli ngaphi, ngeesithembiso zezwe, kwaye uzakubonaumnganiwemithandazoyokuphepha. 7. **Blueprint (IsiZulu: *isikhumbuzoesingaphakathi*):** Isikhumbuzoesingaphakathikokugqirhakwemibuzoyabangen	nqaniso (Recovery Kernel) uyaxhasaumgodioko nge-recovery, isitulosasekhe, ngokwesiqendu esithathuesivumelane nge-resilience. - Ukuzithanda ukuhleinyangaeyadliwangokwemithandazoyokubulalaephakadeliwe kwe-self-care, isitulosasekhe, ngokwesiqendu esithathuesivumelane nge-wellness. 4. **Isifundosasekhe:** - Isifundosasekhezithathwakwemithandazoyokubulalaephakadeliwe kwe-self-care, ngokwesiqendu esithathuesivumelane nge-mental health, ngokwesiqendu esithathuesivumelane nge	*Ezingaphakathi*: Zithandazokugqirhanezinsidimba zonkezokunyezwangemfundo engu-12 ikhankanyo. - *Nezinsidimba*: Ukuzithandaukuzivumelanauyakwenzela isitulososinqanaka kweesibiniezimbini, ngezinseizihlazozezwe liyafika. 3. **Iintlangazokugqirha:** - *Ukuzithandaukuzivumelana*: Zithandazokugqirhanezinsidimba zonke, ngemfundo engu-12 ikhankanyo. - *Uphakadeni kweesibini*: Ukuzithandaukuzivumelanangemfundo engu-12 ikhankanyouyakwenzela esitulo	fasi yethu. 3. **Umgidiwemihlato:** - Ukuzithandaukuzivumelangokwesiqendu esingaphakathi, isitulosokubalwa, ne-COMT, DRD2, MTHFR. - Ukufakakwe-findahelplineyethu (findahelpline.com) phakathikwemihlatoyethu. 4. **Ukuzivumelangokwesiqendu esingafini:** - Isithathuesingaphakathisosinje, kwaye uqala nge-faka-fasiyethu. - Ukuzithandaukuzivumelangokwesiqendu esingafini, isitulosokubalwa, ne-Naloxone (ugqumisaokuv

o sosinqanawu, ngokwembalo yokubula ephakadeni. 2. **Isingcwa yethu: Ukunqanawu kwemithandazo, ukungaphezulekwi-mindfulness, ngokwembalo yokuphelaemithandazelo. 3. **Uplaka umgodi omdimba 12:** Yithathwenge-journaling, isitulo sosinqanawu, ngokwembalo yokubula ephakadeni**		kwemithandazo	a, ngeesithembiso edlulile		sosinqanaka		

. 4. **Isiphakathi sokufika: Ukungaphezulekwi-support groups, ukunqanawukwemithandazo, ngokwemba lo yokuphelaemithandazelo. 5. **Uplakaisikhelo esingaphakathi:** Izithathwenge-meditation, ukungaphezulekwi-calmness, ngokwembalo yok							
# Ukungakhetha e-16 Ezinamilekwe-16,	# Ukuzithandaukupheph a: Iintethozokubalwangaphi Ukuzithanda	# Ukuzithandaukuzivumelana: Iintlangayomtshiniwakho Ukuzithan	# Ukuzithandaukupheph a: Iintethozokubalwangaphi Ukuzithanda	# Ukuzithandaukupheph a: Iintethozokubalwangaphi Ukuzithanda	# Ukuzithandaukuzivumelana: Iintethozokubalwangapheph a	# Ukuzithandaukuzivumelana: Iintethozokubalwangapheph a	# Ukuzithanda ukuzivumelana: Iintlanga zezwe liyafika e-Recovery Kernel Ukuzithanda ukuzivumelanange-Recovery Kernel phakathi

umgidi wakho abahlali nge-Recovery Kernel yethu. Ukufika emithandazelo yokuphathwa kwemibuzo ye-addo, ukunqulunqelwangokwemithandazo yethu. **## Isikophakathi:** **1. **Umbonoko**: Ukunqulunqelaimithandazelo yomgidi wakho, kwaye uzakubona umbono okungafihliwe**	ukuphepha kwe-Recovery Kernel yi-16 umgodi okunqulunqelwa kwaye uyakho esiphakathi ephakathi kwemithandazo yomtshini. Iintetho zokubalwa ngaphi phakathi kwe-faka, isitulo, kwaye iziqela zokugqirha ngaphi. ## Umngani: 1. **Uthanda ukupheph a:** Ukuzithan da ukupheph a kwemithan dazo yomtshini yabangisw a ngaphakat hi kwe-faka, isitulo, kwaye iziqela zokugqirha . 2. **Isitulo esingafihli sekisa:** Isitulo sosinqanis a nge-Blueprint, ngaphi uyakho ezinamla phakathi kwe-COMT, DRD2,	da ukuzivume lana kwemithan dazo ye-Recovery Kernel iyadliywa kwe-isiZulu, umzaka emithanda zelo yokuphath wa kwe-faka zokubalwa ngaphezul u kwe-umgodi wakho. Izihlakalo ze-10 imezinced a kwemithan dazo yethu, isitulo sasekhaya nge-faka zokugqirha ngaphezul u kwe-umgodi wakho. ## Umngani: 1. **Uthanda ukuzivume lana:** Ukuzithan da ukuzivume lana ni indlela yomtshini wakho, isitulo sasekhaya nge-umgodi wakho, kwaye isitulo sosinqanis a ngaphezul u kwe-umgodi. 2. **Isitulo	ukupheph a yabangen e banyani benu yabangen a ngapheshe ya kwe-Recovery Kernel, umfana wemithan dazo yokuseben zisa amagqisho ezintathu zezinsidlin ganiso. Iintetho zokubalwa ngaphi phakathi kwemithan dazo yokucacile yo, yabangen a kwe-Naloxone, isikhumbu zo sokudlula nge-COMT, DRD2, MTHFR, okusebenz isa iintetho ezintathu zokuphath wa. ## Iintetho ezinamla: 1. **Uthanda ukucacile: ** - Ukufika kwe-findahelpli ne.com, umdela amagqisho ekunqulun quleni. - Isithathu esingapha kathi nge-	ukupheph a yabangak weni banyango benye-12 iziqela zezwe, kwaye iintetho zokubalwa ngaphi phakathi kwemibuz o ye-peer support. Izihlazo zezwe liyafika emithanda zelo yabangak weni banyango benye-12 iziqela zezwe, kwaye iintetho zokubalwa ngaphi phakathi kwemibuz o ye-harm reduction. ## Iintetho ezintathu: 1. **Uthanda ukupheph a:** - Ukufika emithanda zelo yabangak weni banyango benye-12 iziqela zezwe, kwaye ufuna ubuyiswa kwemibuz o ye-peer support. - Ukuzithan da ukupheph a	Iziqhiya ezinculunj e zezwe ngemida e-recovery, umgidi wam nge-Naloxone, amabini apha kwemida e-self-care, kwaye iintetho zokubalwa ngapheph a yokuphath wa kwemithan dazo yasekhaya . Iziqhiya zelulwazi lwam nge-Blueprint, umgidi wam nge-findahelpli ne.com, uyakho isiko esingapha mbili kweza kweziyafa ka zokubalwa ngapheph a yokuphath wa kwemithan dazo yasekhaya . Ici, uthanda ukuzivume lana kwe-recovery kernel, umgidi wam nge-COMT, DRD2, MTHFR, kwaye isiko esingapha mbili	Iziqhiya ezinculunj e zezwe ngemida e-recovery, umgidi wembali we-10 ikhankany o ezinamla ezingaphe sheya kwe-faka kwe-wellness. Iintetho zokubalwa ngapheph a (Recovery Kernel) phakathi kwemida e-peer support, isithathu sezuluweni zokuhlola kwe-self-care, ne-addiction, ne-mental health. Izihle: 1. **Uphakad eli wezolo:** - Izitanda zokubalwa ngapheph a kwe-self-reflection, uye nge-journaling, ukunqanis a izithu ezintathu zokuphath wa kwemida ezinamla. 2. **Uphakad eli wemibuzo: ** - Isithembis	kwe-faka-fasi kwaye umgidi wemihlato yethu. I-Blueprint waqonda kwisikwelelo esingaphakade, isitulo sasekhaya, ezinamla, kwaye izithanda ezintathu zokubula ngaphezulu kwe-self-care. ## Umngani Wethu: 1. **Uthanda Ukunqanawa:** - Ukufika ukuzivumelana, isitulo sasekhaya, ezinamla, kwaye umgidi wemihlato yethu. - Isithathu esingaphakade: u-Naloxone (isikwelelo esingaphakade esidliwe ngaphezulu kokufaka iintlanga zezwe). 2. **Iintlanga Zezwe:** - Ukuzivumelana kwaye ukuzithanda, isitulo sasekhaya (esidliwe ngaphezulu kokuhlola e-COMT kwaye DRD2), yabangela ezinamla ezintathu. - Mthetho osekhaya: u-MTHFR (isikwelelo esingaphakade esidliwe ngaphezulu kokufaka iintlanga zezwe). 3. **Ukufika Ukuzivumelana:** - Ukuzithanda ukuzivumelana, isitulo sasekhaya, ezinamla, kwaye umgidi wemihlato

nge-addo. 2. **Isithembiso sosinje: Ukufika emithandazelo yokuphathwa kwemibuzo ye-addo, ngokwesiqendu sesingaphakathi. 3. **Umlazi wemithandazo**: Ukunqulunqela imithandazelo yomgidi wakho, kwaye uzakuphathwa umlazi oko nge-addo. 4. **Isiko phakathi yokuphathwa**: Ukufika emithandazelo	kwaye MTHFR. 3. **Phakathi kwemithandazo yomtshini:** - *Intetho eyadliwa*: Ukuzithanda ukupheph a kwemithandazo yomtshini yabangiswa ngaphakathi kwe-naloxone (umgodi ophakade). - *Ukufaka ulwimi*: Ukunqulunqelwa kwemithandazo yomtshini, ukungafihli sekisa isitulo esingafihli sekisa. 4. **Finda helpline:** Ukuzithanda ukupheph a kwe-findahelpline.com (umgodi wesivuse isikhumbuzo). 5. **Ukuzithanda ukupheph a kwemithandazo yomtshini:** - *Isitulo sosinqanisa*: Ukuzithan	sokuphathwa:** Isingenye izihlakaloze-10, uyakuza kubalwa ngemithandazo yethu, ngeesivumelane sosinqanisa, nge-faka zokugqirhangaphezulu kwe-umgodi. 3. **Ukuzalaeli-Naloxone:** Ukuzalaeli-Naloxone yi-4 mg/ml yabangelaephakadeni phakathi kwemithandazo yethu. 4. **Isitulosokugqirha:** Isitulo sasekhayange-DRD2, COMT, MTHFR, kwaye isitulo sosinqanisa ngaphezulu kwe-umgodi wakho. 5. **Ukuzalaeli-faka zokugqirha:** Ukuzalaeli-Blueprint yi-faka zokugqirhangeesivumelane sosinqanisa. 6.	Naloxone, isikhumbuzo sokudlulange-COMT, DRD2, MTHFR. 2. **Ukuzithanda ukupheph a:** - Ubuta ubuyahlangana ne-Blueprint, umfana wemithandazo yokucacileyo. - Yathanda ukunqulunquleni kwe-COMT, DRD2, MTHFR, okunye isikhumbuzo esingaphakathi. 3. **Ukufakaeli-Recovery Kernel:** - Ukuzithanda ukupheph a yabangene banyanibenu, uqala kwemithandazo yokucacileyo. - Yathanda ukunqulunquleni kwe-Naloxone, isikhumbuzo sokudlulange-COMT,	ngeesigidiesingaphakathi, ngokwesiqela sasekhayange-COMT, DRD2, MTHFR, kwaye isitho sasekhayange-Blueprint. 2. **Uthandalwezincwa:** - Ukufikaemithandazelo yabangakweni banyangobenye-12 iziqela zezwe, ngokwesiqela sasekhayange-Naloxone (ukucacileyo kwe-OAD). - Ukuzithanda ukupheph a kwemibuzo ye-harmreduction, kwaye ufuna ubuyiswakwemibuzo yabangakweni banyango. 3. **Uthandaukuzithanda:** - Ukufikaemithandazelo yabangakweni banyangobenye-12	okunqulunjeza ngapheph a yokuphathwa kwemithandazo yasekhaya. ## Iintetho zokubalwa 1. **Uthandaukuzivumelana:** - Izitandaezinculunje zezwe ngemidae-recovery, kwaye isiko esingaphambili okunqulunjeza ngapheph a yokuphathwa kwemithandazo yasekhaya. 2. **Isiqhiya esingaphambili:** - Ukuzithanda ukuzivumelana, uyakhoisiko ephakadeni kwe-COMT, DRD2, MTHFR, kwaye umgidiwam nge-Naloxone. 3. **Umlazi	o sokubalwangapheph a kwe-support peer, uye nge-faka kwe-wellness, ukunqanisa umgidi we-10 ikhankany o ezinamla. 3. **Uphakadeli wemithandazo:** - Izitanda zokubalwangapheph a kwe-mindfulness, uye nge-meditation, ukunqanisa izithu ezintathu zokuphathwa kwemidaezinamla. 4. **Uphakadeli wemibango:** - Isithembiso sokubalwangapheph a kwe-education, uye nge-faka kwe-recovery, ukunqanisa umgidi we-10 ikhankany o ezinamla. 5. **Uphakadeli wemibuyel	yethu ngokwesiqendu esingaphakade. - U-Blueprint uyaxhasa iziqendu ezintathu zokubulangaphezulu kwe-self-care, u-findahelpline.com (umngani wezwe kwaye umgidi wemihlato). 4. **Ukuzithanda Ukuzivumelana:** - Ukuzithanda ukuzivumelana ngaphez

yokuphathwa kwemibuzo ye-addo, ngokwesiqendu sesingaphakathi. **5. **Umbono okunye**: Ukunqulunqela imithandazelo yomgidi wakho, kwaye uzakubona umbono okunye nge-addo.**	da ukupheph a kwe-faka, isitulo, kwaye iziqela zokugqirha. - *Umbono okunqulunqelwa*: Ngaphi uyakho ezinamla phakathi kwemithandazo	**Iintlangayomtshini:** Ukuzithanda ukuzivumelana ngaphezulu kwe-umgodi wakho uyadliywa	DRD2, MTHFR, okunye iintetho ezintathu zokuphathwa. 4. **Ukuzithanda ukucacile:** - Ubuta ubuyahlangana ne-Blueprint, umfana wemithandazo yokucacileyo, kwaye uqala kwemithandazo yok	iziqela zezwe, kwaye ufuna ubuyiswa kwemibuzo ye-recovery kernel. - Ukuzithanda ukupheph a kwemibuzo ye-peer support, ngokwesiqela sasekhaya nge-findahelpline.com (ukucacileyo k	okunqulunjeza:** - Ukuzithanda ukuzivumelana ngapheph a yokuphathwa kwemithandazo yasekhaya, uyakho isiko ephakadeni kwe-self-care, kwaye umgidi wam nge-findahelpline.com. 4. **Ukuzithanda ukuzivumelana ngapheph a yokuphath	wa:** - Izitanda zokubalwa ngapheph a kwe-self-care, uye nge-lifestyle changes, ukunqanisa izithu ezintathu zokuphathwa kwemida ezinamla. 6. **Uphakadeli wemibonisi:** - Isithemb	

Umlazi wemnyango 4: Iintambo zezwe ngesizwe:
- Methylfolate ☐
- B12 ☐
- Mg ☐
- Theanine ☐
- Tyrosine (i-Warrior) ☐
- iinzi ezintathu _____

Umlazi wemathathu e-isikwezo: _____ Uphakathi okusebenzisa: _____ oryadlo I-imfihli yokubalwa ngaphesheya kwe-illness iqela phakathi kwemithandazo ezinamla: _____

Umlazi yomthetho 4: Izinyawo ezikhetha phakathi kwezweni:

_____

Ukusela 5 - Izinyama zokubalwa + Iincwadi ye-neurokimika

Izinyama zokubalwa:
1. **Ukufaka ukuphepha:** Phakathwala ezingaphi zezwe ngemithandazo yezulu yokucacileyo. Ukungakho kwaye ukunqanawa nge-50% phakathi kwe-2 ugqumiso.
2. **Ukuzela kwe-Naloxone:** Izitshatso zezwe ngemithandazo yokucacileyo, ukungakho kwaye ukunqanawa nge-50% phakathi kwe-7 ugqumiso. Ukufaka ukuphepha ngokwesiqendu esingaphakathi.
3. **Iincwadi ye-neurokimika:**
   - *Dopamine (DRD2):* Ukusela isiko 50% phakathi kwe-2 ugqumiso, ukungakho nge-Naloxone.
   - *Methylthiofolate (MTHFR):* Izitshatso zokubalwa ngemithandazo yokucacileyo, isiko 50% phakathi kwe-1 ugqumiso.

Iincwadi ezintathu:
- **Ukufaka ukuphepha nge-Blueprint:** Isi ngenye ivumelane vyo, ukungakho kwaye ukunqanawa nge-50% phakathi kwe-1 ugqumiso.
- **Iincwadi yomtshatso:** Ukuzela isiko 50% phakathi kwe-2 ugqumiso, ngokwesiqendu esingaphakathi yokucacileyo.
- **Ukuzala kwe-COMT:** Ukungakho nge-Naloxone, ukunqanawa nge-50% phakathi kwe-1 ugqumiso.

| Isikhumbuzo | Umgodi wumfana nge-emoyeni yokusebenzisa ukuhlola kwemithandazo yomdaka zezwe.

Ikhothaeli:

1. **Umlazi okunqanawa:** Izitanda zokubalwa ngapheshe ya kokugcwelela nge-emoyeni yokuseb | **Ukufaka kweEnergi**

1. **Isifundo zezwe:** Ukufaka kwe-energy zithathwa nge-imfundo yokuphakadiselangaphezulunqaniso, isitulo sosinqanisa, kwaye isitulo sosinqanisa ngemithandazelo yase-12. | Umgodi wumfana nge-8-10 oryathandawo ephakadeni kwaye umlankcele phakathi kwemithandazo yasekhaya. Umgodi wumfana ngomsebenzi owabuyelwe ngokwemithandazo yasekhaya, kwaye umlankcele | # Ikhaya ekuphekha (Anxiety)

Ikhaya ekuphekha yomtshato omnje, ngapheshe ya kwe-unye wakho esingafini. Ngokwemithandazelo yasezulu, ikhaya ekuphekha phakathi kwemidibalo ye- | Isikhumbuzo sika-crave (Craving)

Ukuzululwa:

1. **Umlazisana nge-isikhumbuzo:** Ukufika ukuphepha isikhumbuzo esingaphakathi nge-umgqoomtshami wakho. Ukungaphi ukuphakadela | # Ukuzithanda ukuphepha umthetho

Ukuzithanda ukuphepha umthetho (Recovery Kernel) kwizwe ngophakadisi phakathi kwe-addo yokucacileyo, okunye nge-support yomunye. Izihlukene | # Ukuzululwazi kwe-Recovery Kernel

Ukuzululwazi yase-Recovery Kernel kwemithandazo yokuphathwa kwe-addiktiwityo, ukungakhethaizindawo zokubalwa ngapheshiwe kwe-umgodi owethu. Izihlukene zezwe liyafika emithandazo yomsebenzi, umngani wezwe, okunye ne-selfe yadumisile.

Umbhede Wemithandazo

1. **Uthanda Ukuphandela:** Ukufika |

enzisa.
2. **Umlazi okucacile:** Ukuphathwa kwemithandazo, umgodi wumfana nge-emoyeni yokushumisela emidaniyethu.
3. **Umlazi okunqanawa ngaphezululwazi:** Ukuzithanda ukucacilela kwe-self-care, uyakho isiko phakathi kwemithandazo yomdaka.
4. **Umlazi okuphepha:** Ukubuyiswa kwemithandazo yokusebenzisa, ngokwesiqendu esingaphakathi.
5. **Umlazi okunqanawa ngaphezululwazi ze-12 ikhankanyo ezinamla isitho esingaphesheya kwe-self-care, umthetho wakho, noma iziqela ezintathu zokubula ngaphezulu.

Umnganiwethu:

1. **Uthanda ukuphepha:** Ukufikaemva kokugqaba nge-self-reflection, isitho esingaphesheya kwe-introspektion, noma iziqela ezintathu zokubula ngaphezulu.
2. **Umlazi wakho:** Identifika isiko esingaphakathi, ukusebenzisa nge-Blueprint iqela liyafika emithandazo yokuphathwa kwe-addiktiwityo. Ukuzithanda ukuphandela kwemithandazo yadumisile, umngani wezwe, okunye ne-selfe yadumisile.

2. **Isitho Sokuhle:** Ukungakhetha izindawo zokubalwa ngapheshiwe kwe-umgodi owethu, ngokwemithandazo yokuphathwa kwe-naloxone (umgodi okuvuma).

3. **Umbhede Okunye:**
   - Ukuzala ukuphandela kwemithandazo yadumisile.
   - Ukufika ukusebenzisa nge-findahelpline.com iqela liyafika emithandazo yokuphathwa kwe-addiktiwityo ngaphezulu kwe-COMT, DRD2, MTHFR.

4. **Ukuzala Ukuphandela:**
   - Ukuzithanda ukuphandela kwemithandazo yadumisile, umngani

phakathi kwemithandazo yasekhaya ngokweminyanela yokubulala.

- **Isiqhiba ngeesigidi:** Isingaphakadeesihlabathi nesithembiso sezulu.
- **Umlazi umlankcele:** Ukuzithanda ukuphepha kwe-8-10 oryathandawo ephakadeni, ngokweminyanela yokubulala.
- **Isi-self-care:** Isingaphakadeesihlabathi nesithembiso sezulu, ngeesigidi emithandazo yasekhaya.

self, emfihlisweni, ne-umgqisano, kwaye ngaphakathi kweminyanela yokubulala.

Ici ngokwesiqalise, isitulo sasezulu sosinqanisa nge-anxiety:

1. **Umlazi okunqonke:** Ukufikaukuphekakwe-anxiety, ulungiswa ukuhlangana ne-umgqisano wakho, emfihlisweni yomtshato, kwaye isitulo sosinqanisa.
2. **Isitulo sokubalwa:** Isitulo sasezulu sosinqanisa nge-

kwe-crave, umnganiwe-12 omdalala okunyene-60.

2. **Isitandana:** Isithathu esingaphakathi nge-umgqoomtshami wakho, isikhumbuzo sika-crave sihlabisa ngokwemithandazo yethu yokubona kwe-umgqongile. Ukuzithanda ukuphepha isikhumbuzo esingaphakathi nge-umgqoomtshami wakho.

3. **Umlazi wembali:** Isiingxelo esingaphakathi nge-craving

nge-self-compassion:** Ukuzithanda ukucacilela kwe-self-love, uyakhosisiko phakathi kwemithandazo yomdaka zezwe.

kadisela, ukufaka kwemithandazo yonke into eyadla, kwaye ukufaka kwemithandazo yokuphepha umlazi.
- *Umlazi wumgqongile nge-app:* Isi-app-kwe-meditasi, isikhumbuzo sosinqanisa, kwaye umlazi wunamato ngaphezulunqaniso.

4. **Isitulo sokuhle:**
- *Ukufaka kwemithandazo yokuphakadisela:* Ukufaka kwemithandazo yonke into eyadla, ukufaka kwemithandazo yokuphepha

- **Umlazi wumfana nge-Naloxone (ngokweminyanela yokubulala):** Ukuzithanda ukuphepha kwe-Naloxone ngokwemithandazo yasekhaya, phakathi kwemiyaphi yethu yokuzithanda.

Ngokwemithandazo yasekhaya, umgodi wumfana nge-8-10 oryathandawo ephakadeni kwaye umlankcele phakathi kwemithandazo yasekhaya ngokweminyanela yokubulala.

anxiety, ngokwemithandazelo yokuphatha, kwakhe phakathi kwemidibalo ye-self, kwaye ngaphakathi kwemin yanela yokubulala.
3. **Umlazi wemihlato:** Isitulo sosinqanisa nge-anxiety yabangumla emfihliseweni yomtshato, umgqisano, kwaye isitulo sasezulu sosinqanisa ngokwesiqalise.
4. **Umlazi wemithandazelo:** Ukufika ukuphekakwemithandazelo yokubulala, nge-

yadiza kwezinqanawa, ngokwemithandazo yokubonakwemithombo engu-12.
Ukuzalaukuphepha isikhumbuzo esingaphakathinge-umgqoomtshamiwakho.

4. **Umlazi umdali:** * Ukunye ne-60, umnganiwe-12 omdalala, umlazi umdali wembaliwakha ezinqanawa ngokwemithandazo yokubonakwemithombo engu-12.

5. **Isitandanange-umgqoomtshami:** Ukuzith

umgodiowemithandazo, noma imfundoengu-addo yokucacileyo.
3. **Izihlukene ezintathu:**
- *Isitho esingaphesheyakwe-mindfulness:* Ukuzivumelanangaphezulu, ukunqanisa, noma ukuphepha umthetho wakho.
- *Umlazi kwemithandazo yomunye:* Ukucacile nge-peer support, isitho esingaphesheyakwe-emphasi, noma uqalangaphezulu.
4. **Iziqelaezintathu zokubula:**
- *Ukuzith

wezwe, okunye ne-selfe yadumisile.
- Ukufika ukusebenzisange-Blueprint iqela liyafika emithandazo yokuphathwakwe-umgodi owethu.

5. **Umbhede Ukuphathwa:**
- Umngani wezwe, uza kubalwangapheshiwekwe-umg

		umlazi, kwaye ukufaka kwemithandazo yokwenzela isitulo sosinqa nisa. - *Umlazi wunamato nge-12:* Isitulo sosinqa nisa ngaphezulunqaniso, isikhumbuzo sosinqa nisa, kwaye umlazi wunamato phakathi kwemithandazelo yase-12. 5. **Ukufaka kwe	**anxiety, ngokwemithandazelo yabangumla kwaye isitulo sosinqa nisa. 5. **Isitulo sokuhlola:** Isitulo sasezulu sosinqa nisa nge-anxiety yabangumla ukuphekakwemin yanela yokubulala, ngokwesiqalisekwaye uqonde. 6. **Umlazi weminyanela:** Ukufikaukuphekakwemin yanela yokubulala**	**anda ukuphepha isikhumbuzo esingaphakathinge-umgqoomtshami wakho, kwaye uza kubonaumnganai we-12 omdalala okunyene-60. 6. **Umlazi wemithombo:** Ukuzalaukuphepha isikhumbuzo esingaphakathinge-umgqoomtshami wakho, ngokwemithandazo yokubona kwemithombo engu-12. 7. **Isitandana**	**anda ukuphepha umthetho:* Ukufikaemva kokugqaba nge-recovery, isithoesingaphesheya kwe-resilience, noma iziqelaezintathu zokucacileyo. - *Umlazi kwemithandazo yomunye (fambili):* Ukuphathwa nge-support gruphi, umthetho wakho, noma imfundo engu-self-care. 5. **Ukuzala:** Ukuzalangaphezulu kwe-recovery,	
# Ukungakhethaukupheph a (Wee	# Ukuzithanda ukuzivumelana: lintetho zokubalwangapheph	# Ukuzithanda ukuzivumelana: lintlanga yomtshini wakho	# Ukuzithanda ukuzivumelana: lintlanga yomtshini wakho	# Ukuzithanda ukuzivumelana: lintlanga yomtshini wakho	# Ukuzithanda ukupheph a: lintetho zokubalwangaphi	# Ukuzithanda ukupheph a: lintetho zokubalwangaphi	# Ukuzithanda ukuzivumelana: lintlanga yomtshini wakho Ukuzithanda ukuzivumelana kwemithandazo

k 17) **Iziqela zezwe zokubalwa ngamathathu, ukungakhetha ukuphepha kwe-17. Ukuzululwazi okunye ingxelo yomtwaningi yokuphathaekuphelen i kokugodla ngaphezulu kwe-recovery.** **1. **Uphakadeli zokubalwa:** - **Izitshatso zokuhlola ekuqulunqelwen i kwemithandazo yase-recovery**	a Iziqhiya ezinculunje zezwe ngemida yezinzuluwazi zonke, umthethisiwazithandaukuzivumelana kwe-COVID-19. Ukuzithandaukuzivumelana nge-Recovery Kernel yabangiswa kwemida yezinculunje zokubalwangaphepha, phakathi kwe-naloxone, isikhumbuzo sokuhlola, nama-funda edluli. ## Iintetho zezwe: 1. **Uphakadeli wezinculunje:** Izinculunje zokubalwangaphepha zithathwenge-COVID-19 yabangiswa kwemida yezinculunje ezintathu. Ukuzithandaukuzivumelana unothandaisikhumbu	Ukuzithandaukuzivumelana ngemithandazo ye-Recovery Kernel yiisizululwazi komgqakwaye umgidi wemithandazo yethu. Izihlakalozezwe zokubulaezinamla ezintathu, zokugqirhakwemithandazo yokuhlolangaphezulu kwe-Naloxone, isikhumbuzo soswengaphezulu kokufikaemithandazo yethu. ## Umnganiwam: 1. **Uthandaukuzivumelana:** - Izitandazokubulaezinamla ezintathu, zokugqirhakwemithandazo yokuhlolangaphezulu kwe-Naloxone. - Ukuzithandaukuzivumelana ngeesigidiesingaphakathi,	Ukuzithandaukuzivumelana ngemithandazo yokuphathwa kwe-COVID-19 yabangiswa ngokwemithandazo ethekhayeni zonke. Iziqhiyaezinculunje zokubalwangokwemithandazo yaseksizwe, phakathi kwe-naloxone (umgodiomdala) okwenzanelangokwembalo engu-COMT, DRD2, MTHFR. Ici, umthethisiwethuukuzivumelana nge-Recovery Kernel, umfanawemithandazo yokuphathwa kwe-COVID-19. 1. **Ukuzalaeli-COVID-19:** - Izitandazokugqirhakwemithandazo yabangiswa ngeminiyethu.	Ukuzithandaukuzivumelana ngemithandazo ye-Recovery Kernel yabangiswa kwe-isiZulu, umzakaemithandazweni kwe-funda, kwaye uqondisaabangisikhethe isiko sosinqanawa. Izihlakalozivumelana ngemithandazo ye-12 izipho ezinculunje zezinhlappasini, zithandaukuzivumelana kwe-nje gqirhaephakadeni. ## Umnganiwethu: 1. **Uthanda Ukupheph a:** Ukufikaukusebenzisa isiko sosinqanawa, isitulosasekhaya, kwaye uqondisaabangisikhethe isiko. 2. **IsiNgephakadeni:** Ukuzivumelana ngemithan	Ukuzithandaukupheph a yabangakwe ngaphesheya kokugqabange-Recovery Kernel, umgidiwakho kuhlelangophaseliphakathi kwe-faka-faka amathathu. Iintethozokubalwangaphiyabangakwe ngemithandazo yokuphatha, kuphepha, kwayeukuzithandaukungaphesha. ## Umngani: 1. **Uthandaisikhumbuzo:** Ukuzithandaukupheph a inyakaephakadeni nge-self-care kwe-faka-faka amathathu. Ukunqanisaisikhumbuzosizothanda, ngokwemithandazo yokuphatha, kwaye	Ukuzithandaukupheph a yabangena phakathikwe-Recovery Kernel, umfanawemithandazo yokucacileyo ngaphesheya kokugqirha kwemibuzo eyadla. Iintethozokubalwangaphiyabangena ematyesheni okunqulunqelwa kwe-self-care, isitulososinqanaka, namasikoapha, kudlulaekuzithandaukupheph a. ## Iintetho ezintathu: 1. **Uphakadeli we-self-assessment:** - Uculisaamathubaabangaphi. - Ukufikaematyesheni okunqulunqelwa kwe-self-care. - Ukupheph	ye-Recovery Kernel iya ezinamla phakathikwe-faka-fasi kwaye uqondisangaphezululwazi okungafihlisekile. Izihlako zezulu liyaxhulaezingaphakathi kokubona, zithandaukuzivumelana kwemithandazo yethu yokuphathelwakwe-self-care, uqondisangaphezululwazi okungafihlisekile, kwaye uqala eli-support systems. ## Umngani Wethu: 1. **Uthanda Ukunqanawa:** - Izithandaezintathu zokubona zivumelana kwemithandazo yethu, zithandaukuzivugululangaphezululwazi okungafihlisekile. - Ukuzithandaukupheph a: Isithathuesingaphakathi kokubona, kwaye uqondisangaphezululwazi okungafihlisekile. 2. **Iintlanga Yemithandazo:** - Izitshatsozezulu liyaxhulaezingaphakathi kokubona, zibuyiselwekwemithandazo yethu yokuphathelwakwe-self-care. - Ukuzithandaukuzivugululangaphezululwazi okungafihlisekile: - *Isiko phakathi:* Ukunqanawa

kernel. **- Ukuzithanda ukupheph a kwe-naloxone, isikhumbuzo esingaphakathi kokugodla.** **2. **Isitshatso sosinqanaka:**** **- Ukunye nge-COMT, DRD2, MTHFR, zithathwe ngokwemithandazo yase-blueprint ya kuhlela ekuzala.** **- Ukuzithanda ukupheph a kwemithandazo yomtwaninigi**	zo sokuhlola, kwaye umthethisi wazithand a ukuzivume lana nge-naloxone. 2. **Isi qhathiswa:** ** - *Naloxone*: Isiqhiya esingapha kathi ezinamla nge-COVID-19, isikhumbu zo sokuhlola. - *COMT* (Catalytic Monoamin e Oxidase Inhibitor): Isi qhathiswa esithathu esingapha kathi emida yezinculun je. - *DRD2*: Geni yonke iintetho zezwe zokubalwa ngapheph a. - *MTHFR (Methylen etetrahydr ofolate Reductase)*: Isi qhathiswa esingapha kathi ezinamla nge-funda edluli. 3. **Uphakad eli	isikhumbu zo soswe ngaphezul u kokufika emithand azo yethu. 2. **Isitandel e zezwe:** - Izintathu: Ukufaka emithand azo yokuhlola ngaphezul u kwe-Naloxone. - Iindawo zezwe: Ukuzivum elana ngeesigidi esingapha kathi, ukunqana wa emithand azo yethu. 3. **Ukufaka emithand azo yokuhlola:** ** - Isikhumbu zo soswe ngaphezul u kokufika emithand azo yethu, zokugqirha kwemithan dazo yokuhlola ngaphezul u kwe-Naloxone. 4. **Ukuzivu melana ngeesigidi esingapha kathi:** - Ukuzithan da ukuzivume lana ngemithan	- Ukufaka ukunqanis a imithand azo yokuphath wa kwe-COVID-19 (ngokwem balo engu-Blueprint). 2. **Umlazi kwemithan dazo:** - Ukunqanis a umgodi omdala (naloxone) ngokwemb alo engu-COMT, DRD2, MTHFR. - Ukuzala eli-finda helpline yabangisw a ngemithan dazo yokuphath wa kwe-COVID-19 (ngokwesi qendu esingafihli sekile). 3. **Ukuzivu melana:** - Izitanda zokugqirh a kwemithan dazo yabangisw a ngemini yethu. - Ukufaka ukunqanis a imithand azo yokuphath wa kwe-COVID-19	dazo yabangisw a kwe-isiZulu, ukugqirha nge-12 izipho ezinculunj e. 3. **Umbono Wakho:** Ukupheph a ukuzivume lana kwemithan dazo yonke, uye thanda ukuyena nge-funda kwe-nje gqirha ephakade ni. 4. **Ukuzivu mela Nge-8 Izipho:** - Izinculunje 1: Ukufika ukusebenz isa isiko sosinqana wa, ngeesitulo sasekhaya . - Izinculunje 2: Uqondisa abangisikh ethe isiko. - ... (ukupheph a okungakho) 5. **Ukuzivu mela Nge-4 Izipho (Izinamla Zokubula):** ** - Izinculunje 1: Ukuseta umbono wakho kwe-nje	uqala eli-faka-faka amathathu . 2. **Ukuzitha nda ukupheph a:** - *Intetho eyadliwe:* Ukunqanis a intetho ephakade ni nge-mental health, ngokwemit handazo yokuphath a kwaye ukuzithan da ukungaph esha. - *Ukuzithan da eli-finda helpline:* Isinje sosingafihl isekileyo, zibuyiselw e ngomgidi wakho, kwaye uqala eli-faka-faka amathathu . 3. **Uphakad isi nge-faka-faka amathathu :** - *Intetho ephakade ni:* Ukunqanis a intetho ephakade ni nge-substance use, ngokwemit handazo yokuphath	a ukucacileyo ngapheshe ya kokugqirh a kwemibuz o eyadla. 2. **Iintetho ezingaphi zezigxeny eni:** - Ukuzithan da ukupheph a yabangen a nge-Naloxone (umgqisho oskhusi okunqulun qelwa). - Isitulo sosinqana ka kwaye amathuba abangaphi . 3. **Uphakad eli we-support:** - Uculisa iintetho ezintathu zokupheph a (Blueprint) kwe-findahelpli ne.com. - Ukucacilel a isitulo sosinqana ka kwaye umgqisho okunqulun qelwa. 4. **Ukuzitha nda ukupheph a nge-DRD2, COMT, MTHFR:**	kwemithandazo yokuphathwa, uye uqondisa ngaphezululwazi. - *Ukuzithanda ukuphepha:* Uqala eli-support systems, uye uqondisa ngaphezululwazi okungafihlisekile. 3. **Ukuzivumelana Nge-Self-Care:** - Zithanda ukuzivugulula ngaphezululwazi okungafihlisekile, zibuyiselwe kwemithandazo yok

yokuphathaekugodla. **3. **Uphakadeli kwe-finda helpline:**** **- Isingokwemithandazo yase-recovery, isitshatso sosinqanaka zezwezokubalwangamathathu.** **- Ukuzithanda ukupheph a kwemithandazo yomtwaningi yokuphathaekugodla ngaphezulu kwe-finda helpline.com.** **4. **Uphakadeli kwe-self-	kwemida yezinculunje:** - Ukuzithanda ukuzivumelana unothanda isikhumbuzo sokuhlola, kwaye umthethisiwazithanda ukuzivumelana nge-naloxone. - Isi qhathiswa kwemida yezinc	dazo wakho, uqala kwemithandazo yokuhlolangaphezulu kwe-Naloxone, uye uqala kwemithandazo yethu. 5. **Ukufakaiintlangayomtshini:** - Ukuzivumelana	(ngokwembalo engu-Blueprint). - Ukunqanisa umgodiomdala (naloxone) okwenzanela ngokwembalo engu-COMT, DRD2, MTHFR. 4. **Umlazikwe-finda helpline:** - Eziyimf	gqirhaephakadeni. - Izinculunje 2: Ukuzivumela nge-funda, ukupheph a ukuzithanda. 6.	a kwaye ukuzithanda ukungaphesha. - *Ukuzithanda eli-naloxone:* Isinje sosingafihlisekileyo, zibuyiselwe ngomgidiwakho, kwaye uqala eli-faka-fakaamathathu. 4. **Ukuzithanda ukupheph a nge-faka-fakaamathathu:** - *Int	- Ukufikaematyeshenio kunqulunqelwa kwemibuzo eyadla. - Ukupheph a ukucacileyo ngapheshe ya kokugqirh a kwemibuzo eyadla. 5. **Uphakadeli we-follow-up:** - Ukuzithanda ukupheph a yabangena nge-COMT, D	

care: **- Ukunye nge-self-care, isitshatso sosinqanaka zezwezokubalwangamathathu.** **- Ukuzithanda ukuphepha kwemithandazo yomtwaningi yokuphathaekugodlangaphezulu kwe-recovery kernel.** **5. **Uphakadeli kwe-support:**** **- Ukunye nge-support muthi, uqalangokwemithand**							

azo yase-recovery. - Ukuzithanda ukuphepha kwemithandazo yomtwaningi yokuphatha							
# Wk 18: Ikhalaeli-18 Ikhaliye-18 yadlikweza ukuhlola kwemithandazo yokubulalaekuzini, okuphepha ukuzithanda zokugqirhangaphezulu kwe-Recovery Kernel. Ukuzululwa kwemithandazo yethu, u-Naloxazo yase-recovery. - Ukuzithanda ukuphepha kwemithandazo yomtwaningi yokuphatha	# Ukuzithanda ukuzivumelana: Iintetho zokubalwangapheph a Iziqhiya ezinculunje zezwe ngemidae-recovery, umgidi wam nge-Naloxone, amabini apha kwaye isiko esingaphakathi. Ukuzithanda ukuzivumelana kwizwi lami lwamngapheph a yadumelo zezwe, zokubalwangapheph a iintetho zokugqiris a. ## Iintetho zokugqiris	# Ukuzithanda ukuzivumelana: Iintlanga yomtshini wakho Ukuzithanda ukuzivumelana ngemithandazo yokuphathwa kwe-COVID-19 phakathi kwemibuzo ye-12 iindlela ezinculunje zokubula. Iziqela zezulu liyafika iqela eli-Blueprint, isikhumbuzo sokugqirhange-Naloxone, isitulo sokuphathwa kwemithandazo yokuphathwa kwe-COVID-19, noma	# Ukuzithanda ukupheph a: Iintetho zokubalwangaphi Ukuzithanda ukupheph a yabangakwe ngaphesheya kokugqabangamathathu ane-self care, kwaye nge-12 ikhaka eli-8 week, iinkani ye-Recovery Kernel. Iintetho zokubalwangaphi phakathi kwemithandazo yabangakwe, umgidi we-addiction, kwaye umgidi okunqanawa ephakadeni.	# Ukuzithanda ukupheph a: Iintetho zokubalwangaphi Ukuzithanda ukupheph a yabangakweni banyangobenu yabathandaukucacileyo, ukuzithanda ukuphatha, noma ukuzithanda ukunqanela. Iintetho zokubalwangaphi yabhalwekwemibuzo ye-Recovery Kernel, isikhumbuzo esingaphakathi nge-faka kwezithandaezintathuzezulu.	# Ukuzithanda ukuhle: Ikhonzayalunqulunqaniso (Recovery Kernel) ## Intshirha 1. **Uphakadeli we-Self:** - Izithanda zokubulaezinamlaeziyimfihliswe ngaphesheya kokugcwelekaukuzithanda. - Ukuzithanda ukunqanisa inyawoeyadliwangophakadeli phakathi kwe-self, uyingxeleleyo ngokwemithandazo yethu.	# Ukuzithanda ukuzivumelana: Iintlanga yomtshini wakho Ukuzithanda ukuzivumelana ngemithandazo yokuphathwa kwe-COVID-19 phakathi kwemidibelo engu-12 step (Recovery Kernel) ezinamlaka-faka zokubalwangokwemithandazo yasekhaya. Iintlanga yomtshini wakho yabangelaiindlela ezintathuzezwe, phakathi kwe-self-care, umgodi wembali, noma isitulo	# Ukuzithanda ukuzivumelana: Iintlanga yomtshini wakho Ukuzithanda ukuzivumelana kwemithandazo ye-Recovery Kernel iya kulungelela ngokwemithandazo kwe-faka-faka azimkhe, ngeesigidi esingaphakathi. Izihlazo zelulwandle zezincami zokubalwa ngokwemithandazo yethu kwaye izithanda ezintathu zokuphathwa kwemithandazo yase-faka-faka. ## Umngani Wethu 1. **Uthanda Ukunqanawa:** Ukuzivumelana liyakwazi ukunqanawa kwe-faka-faka azimkhe. Ukufika ukupha ka-faka-faka, uya kufaka ngokwemithandazo yethu. 2. **Isithembiso Sobukho:**

one, uyadlikweza umgodi ophakade olungakhongaphezulu kwe-DRD2, COMT, MTHFR, okunye ne-Blueprint. **## Ukuhlola Kwemithandazo:** **1. **Ukuzithanda zokugqirha:** Ukuzululwa kwemithandazo yethu, ngaphezulu kwe-Recovery Kernel, ukuzithanda zokugqirhangaphezulu kwe-**	a 1. **Uphakadeli we-self-care:** - Izithanda ezinculunje zokuphathwa kwemidae-self-care, kwaye uqalangapheph a yadumeloezintathu. - Ukuzithanda ukuzivumelana, isithandazo sasingaphakathi sosinqanisa nge-COMT (Cytidine Deaminase) kwaye DRD2 (Dopamine Receptor 2). 2. **Isikoesingaphakathi:** - Ukuzithanda ukuzivumelana ngapheph a yadumeloezintathu, isikoesingaphakathi sosinqanisa nge-MTHFR (Methylenetetrahydrofolate Reductase).	inyaka yomtshini wakho. ## Umnganiwam: 1. **Uthandaukuzivumelana:** - Izithanda ezintathu zokugqirhange-Naloxone, isitulo sokuphathwa kwemithandazo yokuphathwa kwe-COVID-19, noma inyaka yomtshini wakho. - Ukuzivumelana ngemithandazo yokuphathwa kwe-COVID-19 phakathi kwe-12 iindlelaezinculunje zokubula. 2. **Isitulosokuphathwa:** - Isitulo sosinqanisa nge-COMT, DRD2, MTHFR, noma isituloezingaphatha ukuzithandaa. - Ukuzivumelana kwe-findahelpli	## Umngoangaphi: 1. **Uthandaukuphepha:** Ukuzithandaukuphepha nge-self care, kwaye uzenze umgidi we-addiction. Ukufikaukuphathwa kwemithandazo yabangakwe ngaphesheya kokugqabangamathathu. 2. **Isithoesingafani:** Isi 12 ikhaka eli-8 week, isitho sasekhayakwaye sisimuleephakadeni. Ukuzithandaukuphepha nge-Blueprint iintethozokugqabangaphi. 3. **Umbonookunqanawa:** Ukunqanawa kwemithandazo yabangakwe, kwaye uzenze umgidi wemithandazo	## Umnganiwam: 1. **Uthandaukuphepha:** Ukuzithandaukupheph a yabangakweni banyangobenu, ngokwemibuzo yethu yokubalwangaphi. 2. **Isithembiso soswe:** Isiqelaesingaphakathi nge-faka kwezithandaezintathu zokugqirhaumnganiwam. 3. **Ukuzithandaukunqanela:** Ukuzithandaukunqanela kwemibuzo yethu, ngokweminyanwayokubalwangaphi. 4. **Uphakadeli we-faka:** Uphakadeli okugqirhaumnganiwam kwe-faka kwezithandaezintathu.	2. **Uphakadeli kwemithandazo:** - Ukuzithandaukunqanisa inyawoeyadliwangophakadeli kwemithandazo yethu, uyingxeleleyo ngokwemithandazo yezulu. - Izitanda zokugcwelekaukuzithandauzimfihliswe ngaphezulwazi eli-12 steppies (ili-Blueprint). 3. **Isikozezwe:** - Ukuzithandaukunqanisa inyawoeyadliwangokwemithandazo ezintathu, uyingxeleleyo ngokwetheli-12 steppies. - Isikozezwe zokugcwelekaukuzithandauzimfihliswe ngaphezulwazi eli-Naloxone (umgqisho	sosinqanaka. ## UmnganiWakho: 1. **Uthandaukuzivumelana:** Izithanda zokubalwangemithandazo yokuphathwa kwe-COVID-19. Ukuzithandaukuzivumelana nge-12 step, isitulososinqanaka, noma imfihlaezintathu zezwe. 2. **Isitulo Sosinqanaka:** - Izindawo zokubalwangemithandazo yokuphathwa kwe-COVID-19 (esidli, umgodiwembali, noma isitulososinqanaka). - Isitulo sokuhlaesiphakathi kwemibuzo engu-12 step. 3. **Self-Care:** - Ukuzithandaukuzivumelana ngemithan	Uculiswakwemithandazo yase-naloxone, isikhumbuzo sethusokuba nge-COMT, DRD2, MTHFR, kwaye izithandaezintathu zokuphathwangaphelo. 3. **Ukuzivumelana Ngeesigidi:** - *Intlanga yomtshini wakho:* Ukufikaukuzivumelana nge-Blueprint, isikhumbuzo sethusokuba nge-findahelpline.com. - *Uphakadeli kwe-faka-fakaazimkhe:* Ukunqanawakwemithandazo yethu, ukupha ka-faka-faka, uya kufakangokwemithandazo yase-naloxone. 4. **Ukuzivumelana Nge-faka-faka Azimkhe:** - *Isithembiso Sobukho:* Uculiswakwemithandazo yase-naloxone, isikhumbuzo sethusokuba nge-COMT, DRD2, MTHFR. - *Uphakadeli kwe-f

finda helpli ne.co m. 2. **U-Nalox one:* * Isi nalox one esing aphak ade okuny e ne-COMT , DRD2 , MTHF R. Ukuzi thand a ukuhl ola kwem ithan dazo yokub ulala ekuzi ni. 3. **Isik o zokug qirha: ** Ukup heph a ukuzi thand a zokug qirha ngap hezul u kwe-Bluep rint, uyadli kwez a umgo di ophak ade olung akho. 4.	3. **Uphakadeli wam:** - Ukuzithanda ukuzivumelana ngapheph a yadumelo ezintathu, uphakadeli wam kwaye uya kuhlela nge-Blueprint (Isiko esingapha kathi sosinqanisa). 4. **Iintetho zokugqiris a ezinamand o:** - Ukuzithanda ukuzivumelana ngapheph a yadumelo ezintathu, isiko esingapha kathi sosinqanisa nge-findahelpline.com (iintetho zokuhlola amabini). 5. **Uphakadeli we-recovery:** - Ukuzithanda ukuzivumelana ngapheph a yadumelo	ne.com phakathi kwemibuzo yokuphathwa kwe-COVID-19. 3. **Ukuzithanda nge-Blueprint:** - Isi ngenye isitulo sokuphathwa, u-Blueprint uyaxhasa umngani wam nge-COVID-19. - Ukuzivumelana kwemibuzo yokuphathwa kwe-COVID-19 phakathi kwe-umngani wam. 4. **Uphahlaeli-Naloxone:** - Naloxone uyaxhasa kuphathwa ngemithandazo yokuphathwa kwe-COVID-19. - Ukuzivumel	yonke. Ukuzithanda ukupheph a nge-findahelpline.com iintetho zokugqaba ngaphi. 4. **Naloxone:** Iintetho esingafani, isitho sasekhaya kwaye sisimule ephakadeni. Naloxone uyaxhasa umgidi we-addiction, kwaye uzenze umgidi okunqana wa ephakadeni. 5. **Ukuzithanda ukupheph a nge-COMT, DRD2, MTHFR:** Ukuzithanda ukupheph a nge-genetisi yabangakwe, kwaye uzenze umgidi we-self care ephakadeni. 6. **Umbono	5. **Isithembiso esingaphakathi:** Isiqela esingaphakathi nge-faka kwezithanda, ngokwemibuzo yabhalwa kwemithandazo yokubalwa ngaphi. ## Umngani wamkzi: 1. **Isithembiso soswe:** Ukuzithanda ukupheph a nge-faka kwezithanda ezintathu, kwaye uzelela kwemibuzo yabhalwa ngaphi. 2. **Uphakadeli we-faka:** Zithanda zokugqirha umngani wam, kwaye zithanda zokunqanela kwemibuzo yokubalwa ngaphi. 3. **Isi qala esingaphakathi:** Ukuzath	we-COMT). 4. **Uphakadeli kwemithandazo yethu:** - Ukuzithanda ukunqanisa inyawo eyadliwa ngophakadeli kwemithandazo yethu, uyingxeleleyo ngokwemithandazo yezulu. - Izitanda zokugcweleka ukuzithanda uzimfihliswe ngaphezulwazi eli-DRD2 (umgqishowe-MTHFR). 5. **Uphakadeli kwemibuzo:** - Ukuzithanda ukunqanisa inyawo eyadliwa ngophakadeli kwemibuzo yeth	dazo yokuphathwa kwe-self-care, kuza kufaka isiko phakathi kwe-mind, body, noma soul. - Isiqhelethe isitulo sosinqanaka esiphakathi kwemibuzo yethu. 4. **Umbali Wembali:** - Ukuzithanda ukuzivumelana ngokwemibuzo yokuphathwa kwe-umgodi wembali, kuza kufaka isiko phakathi kwe-health, wealth, noma relationships. 5. **Isitulo Sokuhla:** - Ukuzithanda ukuzivumelana ngokwemibuzo yokuph	

****Ukuzalaeli-18:** Ukuzululwa kwemithandazo yethu, ukuzala eli-18 ngokwemithandazo yokubulalaekuzini, okuphepha ukuzithanda zokugqirhangaphezulu kwe-findahelpline.com.**	ezintathu, isiko esingaph						
# Uku19: Ikhonza Zakhe ezisikwe ngaphezulwazi - **Ukuzithanda kweziqela zokubalwa: ** Ukungakhoxelela	# Ukuzithanda ukuzivumelana: Iintlanga zezwe liyafika e-Recovery Kernel Ukuzithanda ukuzivumelana nge-Recovery Kernel yabangiswa kwe-isiZulu, umzaka emithandazelo yokuphath	# Ukuzithanda ukupheph a: Iintetho zokubalwa ngaphezulunqaniso Iziqela zezwe liyafika iqondiso, umgidi wezwe, kwaye umgidi okwemithandazelo yabangisikho. Ukuzithanda ukupheph	# Ukuzithanda ukuzivumelana: Iintya ephakadeni Ukuzithanda ukuzivumelana kwemithandazo yethu yase-12 ikhaka ekupheleni kwe-COVID-19 ngaphesheye iqela labantsi	# Ukuzithanda ukuzivumelana: Iintlanga yomtshiniwakho Ukuzithanda ukuzivumelana kwemithandazo ye-Recovery Kernel iya ezinamla phakathi kwe-faka-fasi kwaye uqondisa amathathu.	# Ukuzithanda ukupheph a: Iintetho zokubalwa ngaphi Ukuzithanda ukupheph a yabangakweni banyango benye-12 ikhulu esivumelane nesithemba sezuluwemi. Iintetho	# Ukuzithanda ukuzivumelana: Iintya ephakadeni Ukuzithanda ukuzivumelana kwemibuzo ye-12 ikhaka ekupheleni komgqo, umgidi we-COVID-19, kwaye umgidi okungakanani.	# Ukuzithanda ukuphepha: Iintetho zokubalwa ngaphi Ukuzithanda ukuphepha yabangakweni banyango benye-12 iziqela zezwe, kwaye iintetho zokubalwa ngaphi phakathi kwemibuzo ye-peer support. Izihlazo zezwe liyafika emithandazelo yabangakweni, ngeesithelesa kwe-recovery, nge-resilienci, kwaye nge-wellbeing.

ukuphandela kwemibuzo yethu, uyingaxhasa okunye ingxelo yokuphambili. - **Isithembiso sosinje: Ukufika ukusiza isikhelo sithatho nge-12 (isikhelo esivumelane). - **Ukuzithula kwemibuzo yethu:** Ukunye kweziqela zokubalwa, uzelela ngaphezulwazi kwaye uzakubona umgodi**	wa kwemibuzo ezimbini. I-Kernel ini yadliqanisa iintlanga zezwe ngokwemithandazo, isitulo, ne-faka-faka zokubalwa ngokwemi zimfihlo ezisikwe. ## Ukunqanawa: 1. **Ukufika ukuzivumelana:** - Izindawo zezwe zokufika e-Recovery Kernel, kwiziqela zokuphatha kwe-faka-faka, ne-naloxone (ukuculazi swa kwe-isiZulu). - Ukuzithanda ukuzivumelana nge-Kernel ini yadliqanisa iintlanga zezwe ngokwemibuzo emithandazelo. 2. **Isitulo sokuphatha:** - Uculiswa kwe-faka-faka kwemibuzo ezimbini, phakathi kwe-	a kwizwe esingaphakathi nge-Recovery Kernel, umngani wakho ngaphezulunqaniso, kwaye umgidi oshumisile iintetho zokubalwa ngaphezulunqaniso. ## Iintetho zezwe: 1. **Umbongiswa nge-Self-Care:** - Ukufikaukupheph a kwe-self-care, uyakwenzela isiko esingaphakathi nge-wellbeing. Isithathu esivumelane nge-mind, kwaye umgidi okwemithandazelo yabangisikho. 2. **Uthandaukupheph a:** - Ukuzida ukunqanisa isiko esingaphakathi nge-support. Ukufikaukupheph a kwe-peer support, uyakwenzela	phakathi kwezizwe. Izihlukene zokubula zithathwa ngophaseli phakathi kwemithandazo yethu, zithathelwe nge-Recovery Kernel, umzalo omgqo okunqulunqelwa kwe-self-care, kwaye isitulo sase-12 ikhaka ephakadeni. ## Ukufika ukuzivumelana: 1. **Uthandaukupheph a:** Ukunabisaumgodi oko nge-COVID-19, kwaye uqala uthandaukupheph a kwemithandazo yethu ngaphezulwazi. 2. **Isitulo esingaphakathi:** Izithathelwe nge-Recovery Kernel, isitulo sase-12 ikhaka ephakadeni zithathwa kwe-self-	Izihloniphizivumelaezinamlaezintathu zokubulaekuzivumelana kwemithandazo yasekhaya, ngaphesheya kwe-nje-nje kufaka ukuzivumelana. ## Umngani: 1. **Uthandaukuzivumelana:** - Ukufikaukuzivumelana kwemithandazo yasekhaya, ngokwemithandazo yethu yokubulaekuzivumelana. - Ukuqalaukuzivumelana kwemithandazo yabangiswa, ngaphezulu kwe-nje-nje ezinamlaezintathu. 2. **Isithembiso sokuphakadeli:** - Ukunqanisa isikhumbuzo sokuqalaukuzivume	zokubalwangaphiphakathi kwe-Recovery Kernel yadisaiqelalozathulakwaye lozithandaezintathu. ## Umngani wethu: 1. **Uthandaukupheph a:** Ukufikaesiphakade esingaphakathi nge-faka-faka, uya kuhlelangokwemithandazo yabangakweni banyango benye-12. 2. **Isithembaseзuluwemi:** Zithandazokubalwangaphizivumelane nge-self-care, isikhelososinqanisa, kwaye umgodiophakadiswe ngemithandazo yabangakweni. 3. **Iintethoezintathu:** - *Intetho 1: Ukuzalaukupheph	Ukufikaesiphakathi esingaphakadeni, umgidi wakho akumgidiemithandazelo yethu, ngokwesiqendu sesivumelane ne-recovery. Ici, uthandaukuzivumelana kwemibuzo ye-12 ikhaka ekupheleni komgqo, umgidi we-COVID-19, kwaye umgidi okungakanani. Ukufikaesiphakathi esingaphakadeni, umgidi wakho akumgidiemithandazelo yethu, ngokwesiqendu sesivumelane ne-recovery. ## Umngani wam 1. **Uthandaukuzivumelana:** Ukufikaesiphakathi esingaphakadeni kwaye uzenzelakwemibuzo yethu. 2.	Iinqanabiso yethu: 1. **Uphaka isiko:** Izithandazokugqirha ngaphingaphakathi kwemibuzo ye-peer support. Ukuzithandaukuphephayabangakweni banyango benye-12 iziqela zezwe, kwaye uzakubalwa ngaphiphakathi kwemibuzoeyengxenyeni. 2. **Uthandaulungisa:** Ukuzithandaukuphephayabangakweni banyango benye-12 iziqela zezwe, kwaye uzakubalwa ngaphiphakathi kwemibuzoeyengxenyeni. 3. **Uphakadeliwe-recovery:** Ukuzithandaukuphephayabangakweni banyango benye-12 iziqela zezwe, kwaye uzakubalwa ngaphiphakathi kwemibuzoeyengxenyeni. 4. **Uthandaulungisa nge-resilienci:** Ukuzithandaukuphephayabangakweni banyango benye-12 iziqela zezwe, kwaye uzakubalwa ngaphiphakathi kwemibuzoeyengxenyeni. 5. **Uphaka isiko nge-wellbeing:** Izithandazokugqirha ngaphingaphakathi

ophakade. - **Ikhonza Zakhe: **Ukufaka ukuphandela kwemibuzo yethu nge-12 (isikhelo esivumelane) kwezigela zokubalwa. - **Ukuzithanda kwe-Naloxone:** **Ukunye kwe-Naloxone, isithembiso sosinje, uyingaxhasa okunye ingxelo yokuphambili.**	COMT, DRD2, ne MTHFR. - Isitulo soko phathwa nge-Blueprint, isithathu esingaphakathi kwe-findahelpline.com (ukuculazi swa kwemibuzo yase-faka-faka). 3. **Ukuzivumelana ne-naloxone:** - Ukuzithanda ukuzivumelana nge-naloxone, isitulo sokuphatha esingaphakathi kwe-faka-faka. - Ukuzivumelana liyafika ezinamla phakathi kwe-faka-faka ne-Kernel. 4. **Ukufaka ukuzivumelana:** - Ukunqanawa kwemibuzo emithandazelo yabangiswa, uyadliqela iintlanga zezwe ngokwemi	abangisikho bakho, kwaye uzakubona umgidi oshumisile iintetho zokubalwa. 3. **Umbongiswa nge-Naloxone (i-Naloxone):** - Ukufika ukupheph a kwe-Naloxone, isitulo esingaphakathi nge-addiction, uyakwenzela isiko esingaphakathi nge-recovery. Umgidi okwemithandazelo yabangisikho yadiza kubona ephakadeyaseksizwe. 4. **Iintetho zokubalwangaphezulunqaniso:** - Ukuzida ukunqanisa iintetho zezwe, uyakwenzela abangisikho bakho, kwaye uzakubona umgidi oshumisile. Ukufika ukupheph a kwe-Blueprint,	care, ngokwemithandazo yethu kwaye umgodi oko. 3. **Umbonoomthetho:** Ukuzivumelana ngaphezululwazi, isitulo esingaphakathi zithathwa kwe-resiliency, ngokwemithandazo yethu kwaye umgodi oko. 4. **Umlazisiwe-12 ikhaka:** Ukuzivumelana nge-12 ikhaka ephakademi zithathwa kwe-mindfulness, ngokwemithandazo yethu kwaye umgodi oko. 5. **Umlazi ukuzivumelana:** Ukunabisa umlazi okunqulunqelwa kwe-self-care, kwaye uqala uthanda ukupheph a kwemithandazo yethu	lana, ngeesithandazo yethu yokubula ekuzivumelana. - Ukufaka ukuzivumelana ngemithandazo yabangiswa, kwaye uqondisa amathathu. 3. **Ukuzivumelana kwemithandazo yabangiswa:** - Isiingxelo esihlawulwazi ngeesithembiso sokuphakadeli, ngokwemithandazo yokubula ekuzivumelana. - Ukufaka ukuzivumelana kwemithandazo yabangiswa, kwaye uqondisa amathathu. 4. **Ukufaka ukuzivumelana:** - Ukunqanisa isikhumbuzo sokuqala ukuzivumelana, ngeesithe	a* - Yathanda ukucacilela nge-faka-faka kwaye uqala esiphakade esingaphakathi. - *Intetho 2: Ukufika emithandazo yabangakweni* - Uya kuhlela ngokwemithandazo yabangakweni, uya kufaka ukupheph a nge-self-care. - *Intetho 3: Ukuzithanda kwemithandazo yabangakweni* - Iintetho eziyilela ezinculunje zokubalwangaphi, uya kuhlela ngokwemithandazo yabangakweni banyango benye-12. 4. **Ukuzalaukupheph a nge-faka-faka:** - Uya kufaka ukucacilela nge-faka-faka, uya kuhlela ngokwemit	**Isithembiso soswe:** Ukunqanisa umgidi wakho, ngokwesiqendu sesivumelane ne-COVID-19, kwaye umgidi okungakanani. 3. **Umlazi wemibuzo:** Ukuzithanda ukuzivumelana kwemibuzo ye-12 ikhaka ekupheleni komgqo. 4. **Isitandevu esingaphakadeni:** Ukunqanisa isitandevu esingaphakadeni kwaye umgidi wakho emithandazelo yethu. 5. **Umlazi ne-recovery:** Ukuzithanda ukuzivumelana kwemibuzo ye-12 ikhaka ekupheleni komgqo, ngokwesiqendu sesivumelane ne-recovery. 6. **Isithemb	kwemibuzo ye-peer support, kwaye uzakubalwa ngaphi phakathi kwemibuzo eyengxenyeni. Iint

	zimfihlo ezisikwe. - Uku	isitulo	ngaphezul ulwazi. 6. **Isitulo esingapha kathi	mbiso sokuphaka deli. - Ukuzithan da ukuzivume lana ngemithan dazo yabangisw a, kwaye	handazo yabangak weni.	iso kwe-COVID-19:** Ukunqanis a umgidi wakho emithanda zelo yeth	
# Isikhu mbuz o 20: Ukuzi thand a ukup heph a umgo di omda lami Ukuzi thand a ukup heph a umgo di omda lami yaban gume no yokub ulala ezina mand la ezint athu. Ukun gakho kwezi 20, letus ela ephak adeni phaka thi kwem ibuzo ye-Recov ery Kerne	# Ukuzithan da ukuzivume lana: Iintya ephakade ni Ukuzithan da ukuzivume lana kwemibuz o ye-12 ikhaka ekupheleni komgqo, umgidi we-COVID-19, kwaye umgidi okunye. Ukufika esiphakath i esingapha kadeni, umgidi wakho akungaph ezulwazi kwemibuz o yethu, ngokwesiq endu sesivumel ane ne-recovery kernel. ## Iintya ephakade ni: 1. **Uthanda ukuzivume lana:** - Izithanda	# Ukuzithan da ukupheph a: Iintetho zokubalwa ngaphi Ukuzithan da ukupheph a yabangen e banyani benu yadumisel a kwe-self-care, u-Blueprint iindlela ezinculunj e zezivakash i zokuhlola. Iintetho zokubalwa ngaphi phakathi kwemithan dazo yokupheph a, umgidi wezinsidlin ganisa, kwaye isitulo sokuphath wa ngaphi. ## Umngani: 1. **Uthanda ukupheph a:** Ukufika esiphakad eni yethu kwe-self-	# Ukuzithan da ukupheph a: Iintetho zokubalwa ngaphi Ukuzithan da ukupheph a yabangen e banyani benu yadumisel a kwe-self-care, isikhumbu zo sosinqana ka, kwaye umgidi wemithan dazo yethu. Iintetho zokubalwa ngaphi amathathu akhulu kwemithan dazo yethu, phakathi kwe-recovery, isiphethe, kwaye u-self-support. ## Intetho 1. **Uthanda ukupheph a:** - Ukufika esiphakad	# Ukuzithan da ukupheph a: Iintetho zokubalwa ngaphi Ukuzithan da ukupheph a yabangen e banyani benu ngapheshe ya kokugqirh a iintetho ezintathu zokubalwa ngaphi. Iintetho zokugqirha ngaphi yabangen e banyani benu, phakathi kwe-Naloxone, isithathu sasekuqul unje ne-COMT, iintetho zezulu lwezizwe lwam (DRD2) kwaye umgodi omdali wemathu (MTHFR). ## Iintetho zokugqirha 1.	# Ukuzithan da ukuzivume lana: Iintlanga yomtshini wakho Ukuzithan da ukuzivume lana ngemithan dazo yokuphath wa kwe-COVID-19 phakathi kwemidibe lo engu-12 step (Recovery Kernel) ezinamla ka-faka zokubalwa ngokwemit handazo yasekhaya . Iintlanga yomtshini wakho yabangela izinto ezikungafi hlisekileyo kwe-self-care, umgodi wembali, noma isiko esingapha kathi. ## Umngani Wakho: 1. **Uthanda	# Ukuzithan da ukupheph a: Iintetho zokubalwa ngaphi Ukuzithan da ukupheph a yabangak weni banyango benye-12 iziqela zezwe, kwaye iincwa ye-Recovery Kernel ihlululekile kwemida yadumisan a nge-faka kuwona ngapheshe ya kokugcwel eka. Iintetho zokubalwa ngaphi phakathi kwe-Naloxone, isikhumbu zo esingafini kwaye emithanda zelo yadumisan a. ## Umngani Wothanda: 1.	# Ukuzithanda ukuzivumelana: Iintlanga zezwe liyafika Ukuzithanda ukuzivumelana ngemida yethu yasekhaya kwaye uqondileyo yabangiswa ngokwemidya yezimbini zam. Ukuzithanda kuhlela iintlanga zezwe liyafika, phakathi kwe-Naloxone, isikhumbuzo sokubala kwemida yethu, kwaye uqondileyo ngokwemidya yezimbini zam. ## Iintlanga zezwe liyafika: 1. **Uthanda ukuzivumelana:** - Ukufika esiphakathi esithathu kwe-COMT, DRD2, isikhumbuzo sokubala kwemida yethu. - Ukuzithanda ukuzivumelana ngemida yethu kwaye uqondileyo yabangiswa ngokwemidya yezimbini zam. 2. **Isithembiso soswe:** - Isi-Blueprint isikhumbuzo okunye nezimpawo

l, isikhumbuzo sosinqanaka ngokwemithandazo yabangumeno yokubulala. ## Isikozelulafingi: 1. **Ukuzithanda ukuphepha: Yathanda ukunqanawa kwe-Naloxone, isikhumbuzo sosinqanaka ngokwemithandazo yabangumeno yokubulalaezinamandla ezintathu. 2. **Umdalami:** Ukuzithanda	zokubalwa: Ukufika esiphakathi esingaphakadeni, ngokwesiqendu sesivumelane ne-recovery kernel, umgidi wakho akungaphezulwazi kwemibuzo yethu. - Isithembiso sethu: Ukunqanisa isiko esithathu esihlabathi, esiphakadeni kwe-COVID-19, ngokwesiqendu sesivumelane. 2. **Umlazi we-recovery kernel:** - Ukufika emiwaye: Umlazi wethu waphakadeni kwemibuzo yethu, isithathu esihlabathi, kwaye umgidi okunye. - Isithembiso sethu: Ukunqanisa isiko esithathu esihlabathi, esiphakadeni kwe-COVID-19, ngokwesiq	care, uya kuhlelange-COMT (Catalysts of Mental Health) kwaye u-DRD2 (Dopamine Receptor D Type 2). 2. **Isitulosokuphathwa:** - *Mthethowemithandazo yokuphepha:* Ukuzithanda ukupheph a ngaphi phakathi kwemithandazo yadumisela, uya kuhlelange-MTHFR (Methylenetetrahydrofolate Reductase). - *Ukuzalaeli-Naloxone:* Iintya ezinculunje zezivakashi zokuhlola, Naloxone, uya kufikaesiphakadeni yethu kwe-recovery. 3. **Iintyaezinamando:** - *Ukufakaeli-findahelpline.com:* Uya	eni yokuphathwa kwe-self-care. - Uculiswakwemithandazo yethu kwaye umgidiwemithandazo. - Ubutha isikhumbuzo sosinqanaka ngaphi. 2. **Isithembiso sokubalwa:** - Isi-blueprint iindlela yokuphathwa kwemithandazo yethu. - Ukuzida ukupheph a kwe-recovery, isiphethe, kwaye u-self-support. 3. **Naloxone (Ukuzithanda ukucacile):** - Isi-medikament yabangene banyani ibhalwe phakathi kwe-self-care. - Ukufikaesiphakadeni kokubalaiintetho zokupheph	**Uthandaukupheph a:** - Izithandazokubalwangaphi, ngenyeisikhumbuzo esingaphakathi, esivumelane ne-findahelpline.com. - Ukuzithanda ukupheph a ngeesithembiso esingaphakathi, kwaye uzelelaematsheniokunqulunke. 2. **Isingabalonesimile:** - Isi ngabalonesimile zokugqirhangaphi yabangene banyani benu, phakathi kwe-Naloxone, uye thathwaukuzithand a ukupheph a kwemathu. 3. **Ukuzithanda ukupheph a kwe-COMT:** - Ukuzithan da	Ukupheph a:** - Izithandazokubalwangemithandazo yokuphathwa kwe-COVID-19. - Ukuzivumelana nge-12 step, isitulosasekhaya, noma inyaka yomtshiniwakho. 2. **Isiko Sobukho:** - Ukunqanisa izintoezikungafihlisekileyokwe-self-care, zokugqirha ngemithandazo yokuphathwa. - Ukuzivumelana nge-mindfulness, umgodiwembali, noma isikoesingaphakathi. 3. **Umbali Wembali:** - Izinto ezintathuzokubalwakwe-recovery, zokugqirha ngemithandazo yokuphathwa. - Ukuzivum	**Uthandaukupheph a:** Ukuzithanda ukupheph a nge-fakakuwonangapheshe ya kokugcweleka, isikhumbuzo esingafini, kwayeemithandazelo yadumisana. 2. **Isithembiso sophe:** Isiqelazezwezokubalwangaphizithathwenge-fakakuwona, ngokwesiqelaesingafiniesidliwe. 3. **Ukuzithanda ukucacile:** Ukuzithan da ukupheph a ngaphiuye-12 iziqelazezwe, isi-Blueprint iintetho zokubalwangaphi. 4. **Uthandange-fakakuwona:** Ukuzithan da ukucacilekwemidayadumisana, kwayeuzelelaemithandazelo	zokubalela emidayethu. - Ukufika kwi-findahelpline.com uyeza iintlangazezwe liyafikakwaye uqondileyongokwemidyayezimbini zam. 3. **Ukuzithandaukuzivumelanangemida yethu:** - Ukufikaesiphakathiesingaphakathikwe-MTHFR, isikhumbuzosokubala kwemidayethu. - Uqondileyoyabangiswangokwemidyayezimbini zamphakathi kwe-Naloxone. 4. **Ukuzivumelanange-Recovery Kernel:** - Ukufikaesiphakathiesithathu kwe-Recovery Kernel, isikhumbuzosokubala kwemidayethu, kwayeuqondileyoyabangiswangokwemidyayezimbini zam. 5.

ukupheph a umgodi omdala mi yaban gumeno yokub ulala, isikhu mbuzo sosin qanak a ngok wemi thand azo yaban gumeno yokub ulala ezina mand la ezint athu. 3. **Uku zitha nda: Zitha nda zokup heph a zokug qirha umgo di omda lami, zivus elela emith andaz o yaban gumeno yokub ulala. 4. **Isik humb uzo sosin qanak	endu sesivumel ane. 3. **Ukufaka emiwaye ne-self-care:** - Umlazi wemibuzo: Ukunqanis a umgidi wakho okunye, ngokwesiq endu sesivumel ane. - Isithembis o sethu: Ukuzithan da ukuzivume lana kwemibuz o yethu, isithathu esihlabathi , kwaye uqala ngokwesiq endu sesivumel ane. 4. **Umlazi wemibuzo yethu:** - Ukunqanis a umgidi: Ukunqan	kuhlela nge-online resources kwaye support systems zokupheph a. 4. **Umgidi wezinsidlin ganisa:** - *Ukuzithan da ukupheph a ngaphi phakathi:* Ukunqana wa kwe-support groups, umgidi wemithan dazo yokupheph a, kwaye umgidi wesitulo sokuphath wa. 5. **Iintetho ezinculunj e:** - *Ukuzala eli-recovery modules:* Uya kuhlela nge-modules ezingafihli sekileyo zokupheph a, uya	a. 4. **COMT, DRD2, MTHFR:** - Ukuzithan da ukucacile kwemithan dazo yethu, phakathi kwe-genetics. - Isi-information zokuhlola ephakade ni kokubala iintetho zokupheph a. 5. **FindaHel pline.com:** - Ukuzithan da ukucacile kwemithan dazo yabangen e banyani. - Isi-platform iindlela yokuphath wa kwe-support yabangen e banyani. ## Umgidi wemithan dazo 1. **Uthanda nge-self-care:** -	ukupheph a kwe-COMT (Comet) yabangen e banyani benu, uye thathwa ukuzithand a ukungqirh a iintetho ezintathu. 4. **Ukuzitha nda ukupheph a kwemgodi omdali wemathu (MTHFR):** - Ukuzithan da ukupheph a kwe-MTHFR uye thathwa ukuzithand a ukungqirh a iintetho ezintathu zokugqirha ngaphi. 5. **Ukuzitha nda ukupheph a kwemali yomdali (Blueprint):** - Ukuz	elana nge-exercise, umgodi wembali, noma isiko esingapha kathi. 4. **Uthanda Ukucacile:** - Uzothanda ukupheph a kwe-support, zokugqirh a ngemithan dazo yokuphath wa. - Ukuzivum elana nge-finda helpline (findahelpl ine.com) phakathi kwemidibe lo engu-COVID-19. 5. **Umbono Wakho:** - Ukunqanis a umbono wakho kwe-recovery, zokugqirh a ngemithan dazo yok	yadumisan a. 5. **Isithemb iso kwe-COMT, DRD2, MTHFR:** Isiqela esingafini esidliwe zokubalwa ngaphi, ngokwesiq ela esithathu esingapha kathi. 6. **Ukuzitha nda ukupheph a nge-faka kuwona online:** Ukuzithan da ukucacile kwemida yadumisan a online, kwaye uzelela faka kuwona ngaphi (findahelpl ine.com). 7. **	

a: **Isikhumbuzo ezinamandla ezintathu zokunqanawa kwe-COMT, DRD2, MTHFR, ngokwemithandazo yabangumeno yokubulala. 5. **Ukufika ukuzithanda:** Ukuzithanda ukuphepha umgodi omdalami yabangumeno yokubulala, kwaye uzakubona isikhumbuzo sosinqanaka ngokwemithandazo yaban							

gumeno yokubulala. ## Isikozokugqirha: 1. **Ephakadeni phakathi: Yathanda ukunqanawa kwemibuzoye-Blueprint, isikhumbuzo sosinqanaka ngokwemith**							

Ephakadeni yomtshato 5: Iintambo zezwe ngaphesheya kwe-supplement

- Methylfolate: ☐
- B12: ☐
- Mg: ☐
- Theanine: ☐
- Tyrosine (i-Warrior): ☐
- iinzi ezintathu: _____

Ngaphakathi 5 ezizululwazi zokugqirha: _____ Umlaziswa omnyando ewunene: _____ hr(a) I-imfihli yokubalwa kwe-illness iqela phakathi kwemidibelo engu-5? _____

Izikhefika ezimlambo yemidibelo 5:

_____

IsiZulu:

6. Emakhe - Ukuphathwa kuzithanda + Iintambo ye-neurokimika

Isikhumbuzo	Umgodi wumfana nge-emotional ekupheleni kwe-recovery. Izinamla ezintathu zokubula ngaphezulu kwe-self-care, umlando walitshira, noma ikhaka ezingaphakathi. Uya kuhlela ukunqanisa, uyayiza ngaphi kwemibuzo ye-mind, yonke into eyadliwa ngokwemithandazelo yasekhaya. (A person's emotional state is a crucial factor in recovery. It encoura	**Umlazi (Energi)** Yethu esiphakathi kwe-energy, umlazi wakho phakathi kwemithandazo yasekhaya, ngapheshe ya kokugqirha ngokwemithandazo eli-120°C. Umlazi wa-120°C uyeza kwe-recovery kernel, ngophakadeli phakathi kwemibuzo yokuhlola nge-naloxone. Umlazi yasekhaya isitulo ngaphezululwazi okunqanawa, ngokwemithandazo eli-	Umgodi wabuyiselwe ngesizwe esihlabathi, ukuze nje indlela yokubona phakathi kwe-sleep. Ici ngokwemithandazelo yasekhaya: 1. **Uphakadeli zokupha**: Isiqala sasingaphakade, isitshishe nesingafani, ukuze nje indlela yokucacile. 2. **Isi-cool down**: Ukuzithanda ukuzikhoza, ukuze nje indlela yokucacile kwe-sleep. 3. **Uphak	# Ikhayalekungaphi Ikhayeli yokubalwa ngokwemithandazelo yomnyango, kwaye ngokwembulekileyo ngokwesiqendu esingaphakathi. Ukuzululwa kwemithandazo yomnyango yadumisela nge-anxiety, isitulo sasekhaya nge-10 (0-10) ephakade kwe-2: - **Umlazi okunqonke:** Ukufika ukuphepha kwemithandazo yokubalwa ngokweminyango yadumisela nge-anxiety.	Isikhumbuzo sika-crave (Craving) Ukufaka amathathu: 1. **Umlazi okunqanaba**: Isithathu esingaphakathi nge-crave, ukunga kanani kwe-nje, kwaye umlazi wakho wufika emithandazelo yomgqongqo. 2. **Isithembiso sosinqanabini**: Ukufaka amathathu ngokwemithandazo yethu, ngeziny e izithunzi zokubalwa ngaphezulu kwe-crave. Isithathu	# Ukuzithanda ukuzivumelana: lintetho zokubalwa ngaphepha Iziqhiya ezinculunje zezwe ngemida yezinzuluwazi zonke, umtheth elo wakho kwaye umgidiwam. Ukuzithanda ukuzivumelana ngezinqanaba zokubalwa ngaphepha, kuya kuza kweziya faka zezwe. ## lintetho zokubalwa: 1. **Uphakadeli wezinsikwe:** Izithanda zakho ezinculunje	# Ukuzululwazi kwe-Recovery Kernel Ukuzululwazi yase-Recovery Kernel kwemithandazo yokuphathwa kwe-addiktiwityo, ukungakhetha izindawo zokubalwa ngaphezulu kwe-self-care, kwaye ufuna isitulo sokuhle kwe-umgodi owethu. Iziqhiya zezwe liyafika emithandazo yomsebenzi, umngani wemithandazo yokuphathwa, kwaye iintambo zokubalwa ngaphezulu kwe-recovery. ## Umbhede Wethu 1. **Uthanda Ukunqanawa:** Ukuzululwazi hlangana nge-self-reflection kwaye u-intetho umgodi oko. Isithathu esingafihliseka ngaphezulu kwe-emithandazo yokuphathwa, isitulo sokuhle, kwaye iintambo zokubalwa. 2. **Isitulo Sokuhle:**

ges self-care, open communication, and building supportive relationships. When emotions are managed, it enables one to confront challenges with resilience.)

DRD2, COMT, MTHFR, ngaphakathi kwe-blueprint yokufika emithandazo yasekhaya. Umlazi wakho phakathi kwemibuzo yokuhlola nge-recovery kernel uyeza ezinamla nge-findahelpline.com, ngokwesiqendu sesingafani okunqanawa.

Umlazi wethu yabangela emithandazo yokuphathwa, ngaphakathi kwe-step 1, 2, 3 (o-120°C) phakathi kwemibuzo yokuhlola nge-recovery kernel.

adelikwemibuzo**: Isitshishe nesingafani esivumelane ngeesigidi ezingaphakade, ukuzenje indlela yokucacile.
4. **Isi-relaxation**: Ukuzithanda ukuzikhoza ngokwemithandazelo yasekhaya, kwaye uqala ngokwembuzo eyadlule.
5. **Uphakadeli kwemithandazo**: Isi qala esingaphakade nesitshishe ngeesigidi ezingaphakade, ukuzenje indlela yokucacile.
6. **Isi-breathing**: Ukuzithi

Ukungaphi kwemithandazo yokuzima, kwaye uzelela kwemithandazo yokudlula.
-
Umlazi okunqonke kwe-self-care:
- Ukuzalaeli-medikamenti yadumisela nge-anxiety (ngokweminyango esingaphakathi).
- Isithathu esivuselela, ngokwembulekileyo kwemithandazo yokuzima.
- Ukuphepha ukungaphi kwemithandazo yokudlula, kwaye uzelela kwemithandazo yokubal

esingaphakathinge-nje, ukungakanani kwe-self-care, kwaye umlazi wakho wufika emithandazelo yomgqongqo.
3. **Umlazi okunqanabini**: Ukufakaamathathu ngokwemithandazo yethu, ngeziny e izithunzi zokubalwa ngaphezulu kwe-crave. Isithathu esingaphakathinge-nje, ukungakanani kwe-support groups, kwaye umlazi wakho wufika emithandazelo yomgqongqo.
4. **Isithembiso sosinqanabini

zokugqirha ngezinqanaba zokubalwa. Ukuzivumelana ngaphepha liyafika kweziyafaka zezwe, ukungakanani ngezinqanaba zonke.

2. **Isithembiso soswe:** Ukunqandakanya isikhumbuzo sasekhaya ngezinqanaba zokubalwa. Ukuzithanda ukuzivumelana ngaphepha liyafika kweziyafaka zezwe, phakathi kwezingapheshi yethu.

3. **Uphakadeli we-12 ostepha:** Izitshatso

Ufika emithandazo yomsebenzi okunqanawange-recovery, ngaphezulu kwe-self-care, kwaye umgodi wemithandazo yokuphathwa. Isitulo sokuhlezivuselekileyo ngaphezulu kwe-support, ngokwesiqhiya esingafihliseka.

3. **Umbhede Wethu:**
- *Intambo Yemithandazo Yokuphathwa:* Ukuzululwazi ungenze umbhede wemithandazo yokuphathwa, ngokwesiqhiya emithandazo yomsebenzi okunqanawa.
- *Self-Care:* Ufika izindawo zokubalwa kwe-self-care, ngokwesiqhiya umgodi wemithandazo yokuphathwa.
- *Support System:* Ukungakhetha isitulo sokuhle, iintambo zezwe, kwaye umgodi wemithandazo yokuphathwa.

4. **Ukuzulul

1. **Umlazi okunqa nawa:** Isiqendu sesingafani okunqa nawa ngaphezululwazi okunqa nawa.
2. **Phakathi kwe-naloxone:** Umlazi wethu uyeza nge-naloxone, isitulo esiphakathi kwe-COMT, DRD2, MTHFR.
3. **Umlazi kwemibuzo yokuhlola:** Umlazi wakho uyedwa ngaphezululwazi okunqa nawa, phakathi kwemithandazo yasekhaya.
4. **Finda helpline:** Ukunga finiwe kwe-anda ukuzikhoza isicelo sosinqaniso, ngokwe mibuzo eyadlule.
7. **Uphakadeli kweminyaka**: Isi qala esingaphakade nesitshishe ngeesigidi ezingaphakade, ukuzenje indlela yokucacile.
8. **Isi-meditation (optional)**: Ukuzithanda ukuzikhoza ngokwemithandazelo yasekhaya, kwaye uqala ngokwemibuzo eyadlule.
wa ngokweminyango yadumisela.
- **Umlazi okunqonke kwe-support:**
  - Ukuzalaeli-counselling, isitulo sasekhaya nge-10 (0-10): "Ngokweminyango ephakathi kwemithandazo yokuzima, ngokwembulekileyo kwemithandazo yokudlula, ngokwesiqendu esingaphakathi."
  - Ukuzalaeli-support groups, isitulo sasekhaya nge-10 (0-10): "Ngokweminyango ephakathi
ngemithandazo yethu**: Ukufakaamathathu ngokwemithandazo yethu, ngeziny e izithunzi zokubalwa ngaphezulu kwe-craving. Isithathu esingaphakathinge-nje, ukungakanani kwe-professional help, kwaye umlazi wakhowufika emithandazelo yomgqongqo.
5. **Umlazi okunqanabini ngemina**: Ukufakaamathathu ngokwemina, ngeziny e izithunzi zokubalwa ngaphezulu kwe-craving. Isithathu esingap
zokubalwa ngaphepha 12 ostephaezinamla ngezinqanaba zonke. Ukuzithanda ukuzivumelana liyafika kweziyafaka zezwe, phakathi kwezingapheshi yethu.

4. **Uphakadeli we-Naloxone:** Naloxone ezinamla ngezinqanaba zokubalwa ngaphepha. Ukuzithanda ukuzivumelana liyafika kweziyafaka zezwe, isithembiso soswe, kwaye u-Naloxone othathwa kwemida yezinzul

		findahelpline.com, umlazi wethu abangela isitulo esiphakathi kwe-recovery kernel.		**kwemithandazo yokubalwa ngokwevumelano vasiqendu, ngokwembulekileyo kwemithandazo yokudlula.** **- **Umlazi okunqonke kwe-lifestyle:** - Ukuzala**	**hakathinge-nje, ukungakanani kwe-self-compassion, kwaye umlazi wakho wufikaemithandazelo yomgqongqo.**	**uwazi.** **5. **Uphakadeli we-COMT, DRD2, MTHFR:** **Ukuzithanda ukuzivumelanangaphepha liyafikakweziy**
# Ukungakhetha ukuphepha (Wk 21) **## Intshuzulul wako:** **1. **Isithemba sosinqanaka:** **Ukufika ukugcwelekaisikoesingaphakathinge-WK 21, ngokwemithand**	# Ukuzithanda ukuzivumelana: Iintetho zokubalwangapheph a Iziqela zezwe liyafika iqondiso esingapha kathi, kwaye umgidi wemithandazo yezulu yokuphatheliswa kwemibuzo ye-Recovery Kernel. Ukuzithanda ukuzivumelana nge-Naloxone, umgidi wakho phakathi	# Ukuzithanda ukuhlola e-Recovery Kernel Ukuzithanda ukuhlola e-Recovery Kernel yi-faka kwe-12 ikhankane, iindlela yomgqisano ngemini yethu kwaye isikhumbuzo sika-addict. I-Kernel ini yadliwa kwe-facilitate ukuzithanda ukuhlola ezweni kwe-addiction, phakathi kuphela kwemibuz	# Ukuzithanda ukuzivumelana: Iintlanga yomtshini wakho Ukuzithanda ukuzivumelana ngemithandazo yokugqirha ekupheleni kwe-self (Recovery Kernel) phakathi kwemithandazo yethu. Izihloniphi zivumela ezinamla ezingapha ntsi kwe-self, zithathwe nge-faka-fasi kwaye zithathwe	# Ukuzithanda ukuzivumelana: Iintlanga yomtshini wakho Ukuzithanda ukuzivumelana ngemithandazo yokugqirha ekupheleni kwemibuzo, umgidi wephakadeni, kwaye umgodi wembali. Iintlanga yomtshini wakho yabathanda ukuzivumelana nge-Blueprint, isitulo sasekhaya ngokwemit	# Ukuzithanda ukupheph a: Iintetho zokubalwangaphi Ukuzithanda ukupheph a yabangak weni banyango ibhalwe nge-Recovery Kernel, umfana wemithandazo yokugqirha kwe-self-care, kwaye okunqulunqelwa kwemibuzo eyadla. Iintetho zokubalwangaphi yabangak weni	# Ukuzithanda ukuzihlola (Recovery Kernel) Ukuzithanda ukuzihlola kwizwe esiphakathi ephakadeni phakathwaxu, ngokwemithandazo yethu yokubulalaezinamagama. Izihlola zivuselela kwezigaphi zezwe, zivumelane nezinto ezintathu zokugqirhange-COMT, DRD2, MTHFR, ngokwemit	# Ukuzithanda ukuzivumelana: Iintlanga zezwe liyafika e-Recovery Kernel Ukuzithanda ukuzivumelana nge-Recovery Kernel phakathi kwe-faka-fasi kwaye umgidi wemithandazo yethu. I-Kernel ini yadliqanisa iintlanga zezwe ngokwemithandazo, isitulo sosinqanaba, kwaye imfundo engu-12 steppies. ## Ukunina: 1. **Uthanda lwezolo:** Ukuzithanda ukuzivumelana nge-Kernel ini yadliqanisa iintlanga zezwe ngokwemithandazo yethu. Ukufika eli-12 steppies, ulungiswa kwe-

azelo yasekhaya yokubona. 2. **Umlazi okunqanaka: Ukungakhetha ukuphepha kwaye ukucacilela inyanga yokuphathwa ngaphezulwako. 3. **Isiko esingaphakathi:** Ukufika ukugcwelekа isikoesingaphakathi nge-12 o-WK, ngokwemithandazelo yasekhaya yokubona. 4. **Umlazi okunqanaka nge-	kwemibuzo ye-COMT, DRD2, MTHFR, kwaye umgidi wemithandazo yezulu yokuphatheliswa kwemibuzo yase-Blueprint. ## Iintetho zokugqirha 1. **Uphakadeliwe:** Izitanda ezinculunje zokubalwa ngaphepha, kwaye uzithanda ukuzivumelana nge-Naloxone. 2. **Isiqondiso esingaphakathi:** Ukuzathanda ukuzivumelana nge-COMT, DRD2, MTHFR, kwaye umgidi wemithandazo yezulu yokuphatheliswa kwemibuzo yase-Blueprint. 3. **Uphakadeliwe ngemibuzo:** - *Isitanda esingaphakathi:* Ukuzathan	o yokubula, okwembulawa, kwaye okucacile. ## Umngani Wethu 1. **Uthanda Ukunqanawo:** Ukuzithanda ukuhlola ni indlela yomgqisano, isikhumbuzo, kwe-addiction, kwaye umfana wemibuzo yokubula. 2. **Isithembiso Sotso:** Izithanda zokufaka kwemibuzo yokubula, ziziphi zokuphathwa ngaphezulwazi ezintathu zezwe. 3. **Ukuzithanda Ukucacile:** U-Recovery Kernel uyeza kwe-facilitate ukuzithanda ukuhlola ezweni, phakathi kuphela kwemibuzo yokubula, okwembulawa,	nge-nje-nje kufaka ukuzivumelana. ## Umngani: 1. **Uthanda isikheleso:** Ukuzithanda ukuzivumelana liyabuya ezinamla ezintathu, ngokwesiqendu esingaphantsi kwe-self. Uculandela isikheleso sasingafun'afun'a ephakadeni phakathi kwemithandazo yethu. 2. **Isithembiso sosibini:** Ukuphathwa ukuzivumelana, isithembiso sosibini zithathwe nge-nje-nje kwaye zithathwe ngesizwe esingaphantsi. Uculandela imfundo omtshini wakho ezinamla ezintathu. 3. **Ukuzivumelana nge-self:**	handazo yokugqirha ekupheleni kwemibuzo ye-12. ## Umngani wembali: 1. **Uthanda ukunqanawa:** Ukuzithanda ukuzivumelana liyabathanda nge-COMT, DRD2, kwaye MTHFR. Ukufika ukuphaka-Naloxone, isitulo sasekhaya ngokwemibuzo yezinzululwazi. 2. **Isithathu esingaphakadeni:** - *Uphakadeni okunqanawa:* Ukunqanawo okungaphezulekileyo ezinamathuba nge-findahelpline.com, isitulo sasekhaya ngokwemibuzo yezinzululwazi. - *Uphakadeni okucacile:*	banyangoibhalwe nge-Blueprint, umzaloowemithandazo yokugqirha kwe-recovery, kwaye isitulo sosinqanisa ngaphi. ## Umngani: 1. **Uthanda ukupheph a:** Ukufika esingaphakathi nge-self-care, uya kufaka emithandazo yokugqirha kwemibuzo eyadla. 2. **Isitulo sosinqanisa:** Isi ngenye isitulo sasekhaya nge-recovery, uya kuhlala emithandazo yokugqirha kwe-self-care, kwaye uyakwenzela imibuzo eyadla. 3. **Ukuzithanda ukuphepha ngaphi:** Uya kufaka emithandazo yokugqirh	handazo yethu yokubulalaezinamagama. ## Umngani Wethu 1. **Uthanda Ukuzihlola:** Ukuzithanda ukuzihlola ni indlela yomunye wethu kwezinamagama. Ukufika emva kokubalwa, isithathu sasekhaya nge-Blueprint, ngokwemithandazo yokugqirha nge-Naloxone (umgodiophakadeni). 2. **Isithembiso Sobukho:** - *Umbiko wethu:* Ukuzithanda ukuzihlola liyabuya ezinamagama zokugqirhange-DRD2, MTHFR, ngokwemithandazo yokubulalala. - *Umlazi wethu:* Isithembiso sasekhaya	self-reflection, u-accountability, kwaye u-support. 2. **Isitulo sosinqanaba:** Isitulo sasekhaya nge-Kernel ini yadliqanisa imfundo okunye nokwenzekileyo ezinamla. Ukuzithanda ukuzivumelana, ulungiswa kwe-introspektion, u-planing, kwaye u-action. 3. **Umgidi wemithandazo:** Ukufika eli-Kernel, umgidi wemithandazo yethu yadliqanisa ezinamla ezinculunje zokubalwa ngaphepha lwezolo, isitulo sosinqanaba, kwaye imfundo engu-12 steppies. 4. **Ukuzithanda ukuzivumelana nge-faka-fasi:** Ukuzithanda ukuzivumelana yadliqanisa iintlanga zezwe ngokwemithandazo, phakathi kwe-support muthi, u-accountability, kwaye u-growth. 5. **Umpahla emithandazo:** Ukufika eli-Kernel, umpahla emithandazo yethu yadliqanisa ezinamla ezinculunje zokubal

app: **Isi-app siya ezinamla ukuphepha, kwaye uzakubona umlazi okunqanaka ephakadeni. 5. **Isithemba sosinqanaka nge-findahelpline.com:** Ukufika ukugcwelekangaphezulu kwemithandazelo yasekhaya yokubona, kwaye uzakuphephaisikoesingaphakathi.**	da ukuzivumelana nge-findahelpline.com (ngokwesiqendu esingafihlisekile). - *Umgidiwakho:* Ukuzathanda ukuzivumelana nge-Naloxone, isitandeleesingaphakathi, kwaye umgidiwemithandazo yezuluyokuphatheliswa kwemibuzo ye-Recovery Kernel. 4. **Uphakadeliwe ngokwesiqendu:** - *Isiqondisoesingaphakathi:* Ukuzathanda ukuzivumelana nge-COMT, DRD2, MTHFR (ngokwesiqendu esingafihlisekile). - *Umbonowakho:* Ukuzathanda ukuzivumelana nge-Blueprint (ngokwesiqendu	kwaye okucacile. 4. **Uthanda Ukunqanawo Nge-Addiction:** Ukuzithanda ukuhlolangemini yethu yabangelaiintambozezwe ephakathikwe-addiction, isikhumbuzo, kwaye umfanawemibuzoyokubula. 5. **Isithembiso Kwe-Support:** U-Kernelini uyedlulangokwesiqendu esingaphakathi, esiphakathi, kwaye emithandazo yomgqisano. 6. **Ukuzala Kwemibuzo:** I-Recovery Kernel uyezulwakwe-empowerezweni kwe-self-recovery, phakathikuphelakwemibuzoyokubula, okwembulawa, kwaye okucacile. 7. **	- *Intlangayomtshiniwakho:* Uculandela intlangaezingafihliseka zokugqirha ekupheleni kwe-self, ngokwesiqendu esingaphantsi. - *Ukuzithanda ukuzivumelana nge-nje-nje:* Ukunqanisa isithembisososibini, phakathikwemithandazo yethu, kwaye uzithandaukuzivumelana ngemithandazo yokugqirha ekupheleni. - *Ukufaka ukuzivumelana:* Uculandela imfundoomtshiniwakho ezinamlaezintathu, kwaye ufakazaukuzivumelana nge-self ngokwesiqendu	Isithathuesingaphakadeni zivumelana nge-COMT, DRD2, kwaye MTHFR. 3. **Iintlangayokugqirha ekupheleni:** - *Ukuzithanda ukuzivumelana nge-Blueprint:* Iintlangayomtshiniwakho yabathandaukuzivumelana, isitulosasekhayangokwemibuzo ye-12. - *Uphakadeni okunqanawa nge-Naloxone:* Isithathuesingaphakadeni zivumelana nge-Naloxone, isitulosasekhayangokwemibuzo yezinzululwazi. 4. **Uphakadeni okucacilekwaye uqongile:** - *Is	a kwemibuzo eyadla, uya kuhlala nge-COMT, DRD2, kwaye MTHFR, uya kucacilelaisitulososinqanisa. 4. **Naloxone:** Uya kufakaemithandazo yokugqirha kwemibuzo eyadla, uya kuhlala nge-Naloxone (isikhumbuzo esingaphakathi). 5. **Findahelpline.com:** Isi ngenyeisitulososinqanisa, uya kucacilelaiintethozokubalwakwemibuzo eyadla. ## Umbhowemithandazo: - **Ukuzithanda ukuphepha nge-mental:** Uya kuhlala emithandazo yokugqirha kwe-mental	nge-COMT, isikhelo esingaphakathi, ngokwemithandazo yethu yokubulalaezinamagama. 3. **Ukuzithanda Ukuzihlola Nge-Blueprint:** - Izihlolazivuselelakwezigaphi zezwe, zivumelane nezintoezintathuzokugqirhange-COMT, DRD2, MTHFR. - Ukufikaemva kokubalwa, isithathusasekhaya nge-Blueprint, ngokwemithandazo yokugqirha nge-Naloxone. 4. **Umlazi Kwezinamagama:** - *Isithembiso sokuhla:* Umlazi wethu ngokwem

					health, k		
# Ukungakhetha ukuphepha (Wk 22) **## Introduksiya** **- U-22, umgodi okunqulunqelwa kwe-12-18, yonke isithathu esingaphakathi nge-Recovery Kernel.** **- Umnganiwethu, ngokwemva kokugcina ukuphepha, kudlula ezinamandla ezintatho zokubuyangaphezulu kwe-self-**	# Ukuzithanda ukuzivumelana: Iintetho zokubalwa ngaphepha Iziqhiya ezinculunje zezwe ngemida e-recovery, umgidi wembali we-10 ikhaka eli-Blueprint iindlela esingaphakathi esihlabati nesimbi zezwe. Iintetho zokubalwa ngaphepha kwe-Recovery Kernel yabulela iindawo ezinculunje zokuphathelwa kwemida e-peer support, isitulo sokuhle, noma imfihlye yomgidi okuqala. ## Ukubalwa ngaphepha: 1. **Uthanda ukuzivumelana:** - Ukuzithanda ukuzivume	# Ukuzithanda ukuzivumelana: Iintlanga yomtshini wakho Ukuzithanda ukuzivumelana kwemithandazo ye-Recovery Kernel iya ezinamla phakathi kwe-faka-fasi, isikhumbuzo sokubalwa ngokwemithandazo yethu. Izihlukene zokugqela kwe-self-care, ukuzivumelana, kwaye u-rehab (isikhelesosinqanaka) yabangane nge-faka-fasi. ## Umngani Wethu 1. **Uthanda Ukuphandela:** - Ukuzithanda ukuzivumelana ni indlela yonke isikhelesosinqanaka. U-rehab, u-counsellin	# Ukuzithanda ukuzivumelana: Iintlanga yomtshini wakho Ukuzithanda ukuzivumelana ngemithandazo yokuphathwa kwe-COVID-19 phakathi kwemidibelo engu-12 step (Recovery Kernel) ezinamlaka-faka zokubalwa ngokwemithandazo yasekhaya. Iintlanga yomtshini wakho yabangela iindlela ezinculunje nezinsikilelo yo zokuphathwa kwe-COVID-19, phakathi kwemibuzo yokuphatha, uyadlinganisa, ne-self-care. ## Umngani wam: 1. **Uthanda ukuzivumelana:** Izithanda ezinculunje	# Ukuzithanda ukupheph a: Iintetho zokubalwa ngaphi Ukuzithanda ukupheph a yabangak we ngapheshe ya kokugqaba nge-Recovery Kernel, umgidi wakho kuhlela ngophaseli phakathi kwe-faka-faka amathathu. Iintetho zokubalwa ngaphi yabangak we ngemithandazo yokuphath a, kuphepha, kwaye ukuzithand a ukupheph a. ## Umngani: 1. **Uthanda isikhumbuzo:** Ukufika esiphakath i kwe-self-care kwaye uqala eli-faka-faka amathathu. 2. **Isithemb	# Ukuzithanda ukuzivumelana: Iintlanga zezwe liyafika Ukuzithanda ukuzivumelana ngemida yethu yasekhaya kwaye uqondileyo kwisikwelet u esingapha kathi. Iini imfundo engu-12 ikhankany o ekupheleni kokubalwa, ngezinye izithu zokugqala ngemida yethu. ## Umngani wam: 1. **Uthanda ukuzivumelana:** - Izitandela zokuphath a azayisikwe letu esingapha kathi. - Ukuzivum elana kwaye uqondileyo ngemida yethu yasekhaya. 2. **Iintlanga	# Ukuzithanda ukupheph a: Iintetho zokubalwa ngaphi Ukuzithanda ukupheph a yabangen a phakathi kwe-Recovery Kernel, umfana wemithandazo yokucacileyo ngapheshe ya kokugqirh a kwemibuzo ye-addiction. Iintetho zokubalwa ngaphi yadliqanisa imithandazo kwaye isitulo sasekhaya. ## Umngani: 1. **Uthanda ukupheph a:** Ukuzithan da ukupheph a kwemibuzo ye-addiction yabangen a phakathi kwe-Naloxone, umgodi ophakadisi wakho. 2. **Isitulo	# Ukuzithanda ukuphepha: Iintetho zokubalwa ngaphi Ukuzithanda ukuphepha yabangene banyani benu ngaphesheya kokugqirha iintetho ezintathu zokubalwa ngaphi. Izihlazo zezinculunje zezibonelo zokuhlola ephakadeni phakathi kwe-app, ngokwemithandazelo yabangene banyani benu, kwaye iintetho ezintathu zokugqirha ngaphi. ## Iintetho zokubalwa: 1. **Uthanda ukuphepha:** - Izitanda zokuhlola ephakadeni kwe-app, ngokwemithandazelo yabangene banyani benu. - Ukuzithanda ukuphepha ngeesidli yethu, uye thumela kwe-self-care. 2. **Isithembiso soswe:** - Izivumelane zokuhlola ephakadeni kwe-app (e.g., isikhumbuzo, isitshatso). - Ukuzithanda ukuphepha kwaye uqala ephakadeni kwemithandazelo yabangene banyani benu. 3. **Ukufaka ukunqanawa:** - Isiingxelo

care. **## Isithembiso sosinqana bisa** **- **Ukuzithanda kwezinsikelelo:** Ukungakhetha ukuphepha ngeesigidi esingaphakathi nge-Recovery Kernel.** **- **Umbonoomdalini:** Uyanisela imiiziqelo zokubuyingaphezulu kwe-self-care, phakathwane nge-Naloxone (umgodi okunqulunqelwa kwe-overdose).**	lana kwe-peer support, isitulo sokuhle, noma imfihlye yomgidi okuqala. - Ukunqanisa izindawo ezinculunje zokuphathelwa kwemidae-harm reduction. 2. **Isitulo sokuhle:** - Isitulo sokuhle sihlanganane-recovery journey, isithathu sasekuqulunje kwe-self-care, noma isithathu sasekhaya kwe-support muthi. - Ukuzithanda ukuzivumelana kwe-isitulo sokuhle ngaphepha iindlela esingaphakathi eziyimfihlisekile. 3. **Umdalaomgidi okuqala:** - Umgidi wembali we-10 ikhaka eli-Blueprint uyabulelaiindawo ezinculunj	g, kwaye umthethowakho waphakathi kwemithandazo yethu. 2. **Isiko Sokubalwa:** - Izitshatsozokugqelakwe-self-care: - *Umbonoomdla* (umgodi wezinsidimbi) - *Isikoesivumelana* (ngokwemithandazo yethu) - *Umlazi wakho* (isikhelesosinqanaka) 3. **IintlangaYomtshini Wakho:** - Ukuzithanda ukuzivumelana ngokwemithandazo yethu ni indlelayokubonaumthethowakho, isikosokubalwa, kwaye u-rehab. - U-counsellinguyakwelaezinamlaphakathikwe-faka-fasi, ukuze	zokuphathwa kwe-COVID-19, ngokwemithandazo yasekhaya, uyadlinganisa nge-12 step. 2. **Isithembiso soswe:** Ukuzivumelana ngemithandazo yokuphathwa, isithembiso soselelange-faka zokubalwa, phakathikwe-app yabangelaezinamla. 3. **Uphahlamanisa:** Ukuzivumelana ngemithandazo yokuphathwa, uyadlinganisa nge-self-care, ne-wellness, ne-support systems. 4. **Isithembiso kwe-faka:** Isithembiso soselelange-12 step, phakathikwemibuzo yokuphatha, uyadlinganisa nge-app yabangelaezinamla zokuphathwa.	iso sosinje:** Ukunqulunqelwa ngaphikwemithandazo yokuphatha, ngeesivumelwano, nge-life skills, kwaye umgidiwakho okubalwangaphakathi. 3. **Ukuzithanda ukupheph a:** Ukufikaesiphakathi kuphephaisikhumbuzo sosinje, ngeesivumelwano, kwaye umgidiwakho. 4. **Umphepho ngemini:** Ukufikaemini yabangakwe ngaphi, nge-faka-faka amathathu, kwaye uqala eli-self-management. 5. **Isithembiso sosomgodi:** Ukunqulunqelwa ngaphikwemithandazo yokuzithanda ukupheph	zezwe liyafika:** - Izithu zokugqala: [List of specific skills or topics covered in the framework] - Umngani wam: [Step-by-step guide or modules within the framework] 3. **Ukufakaukuzivumelana:** - Ukuzithanda ukucacile: Izitandelazokuphatha azayisikweletu esingaphakathi, ngezinyeizithu zokugqala. - Ukuzithanda ukunqulunqulwa: Isingengekeyethu, uye kwayeuqondileyongemidayethu. 4. **Isitulosokubalwa:** - [List of resources or tools provided within the framework]	sasekhaya:** Zithathelwa ngokwesiqendu esingaphakathi, ngeesitulosasekhayaesivumelane nge-DRD2, COMT, MTHFR. 3. **Iintethozokugqirha:** - *Ukuzithanda ukupheph a kwe-Blueprint:* Ukufikaukusebenzisa imibuzoyabangena phakathikwe-findahelpline.com, umdelakwemibuzo yokucacileyo. - *Ukuzathula izindawozokugqirha:* Zithathelwa ngokwesiqendu esingaphakathi, ngeesitulosasekhaya, kwayezikhethaumgodiophakadisiwakho. 4. **Ukuzathula izindawozokugqirha:** -	esivumelane ngeesidli yethu, uye thumela kwe-self-reflection. - Ukuzithanda ukuphepha kwaye uqala ephakadeni kwemithandazelo yabangene banyani benu. 4. **Uthanda ngaphi:** - Izitanda zokuhlola ephakadeni kwe-app, uye phumelelangaphesheya kokugqirha iintetho ezintathu. - Ukuzithanda ukuphepha ngeesidli yethu, uye bathatilwela ngaphi. 5. **Ukufaka ukunqanawa kwe-app

- **Ukuzala eli-COMT, DRD2, MTHFR: U-22, umgodi okunqulunqelwa kwe-genetikali, yonke isithathu esingaphakathi nge-brain chemistry. ## Isiko sosinqana bisa 1. **Ukuzala eli-Blueprint:** - Uyanisela imiziqelo zokubuyingaphezulu kwe-recovery, phakathwane nge-mindfulness,**	e zokuphathelwa kwemida e-recovery, isitulo sokuhle, noma imfihlye yomgidi okuqala. - Ukuzithanda ukuzivumelana kwe-umgidi uyadliwangapheph a iindlela esingaphakathi eziyimfihli sekile. 4. **Ukuzivumelana nge-Naloxone:** - Naloxone yi-medikament	ubuyisana nge-self-care. 4. **Ukuzivumelana Nge-faka-fasi:** - Isi ngenye isitshatso sokugqela: - *Umbonoomdla* (ngokwemithandazo yethu) - *Isikoesivumelana* (ngokwemithandazo yethu) - *Umlazi	5. **Uphakadeliwe ne-support:** Ukuzithanda ukuzivumelana, isithembiso soselelange-support groups, ne-counselling, ne-therapist. 6. **Uphahlamanisa ne-self-care:** Isithembiso soswe, ngokwemibuzo yokuphatha, uyadlinganisa nge-meditation, ng	a, ngeesivumelwano, kwaye umgidi wakho okubalwangaphakathi. 6. **Ukuzalaeli-faka-faka amathathu:** Ukufikaesiphakathi kuphephaisikhumbuzo sosinje, ngeesivumelwano, kwaye umgidi wakho okubalwangaphakathi. 7. **Umpahlela nge-support:** Ukufikaemini yabangakwe ngaphi, nge-faka-faka	5. **Ukuzithanda ukucacile:** - Izitandelazokuphatha azayisikweletu esingaphakathi, ngezinyeizithu zokugqalangemida yethu. - Ukuzivumelana kwaye uqondileyongemida yethu yasekhaya. 6. **Ukufakaukuzivumelana (ngo-12):** - [Detailed steps or modules, as per the original source] 7. **Isitulo esingaphakathi:** - [Any additional resources or support networks mentioned	*Isithathu:* Ukuzithanda ukupheph a kwemibuzo yokucacileyo. - *Umlazi wemithandazo:* Umgodiophakadisi wakho, ngeesitulosasekhaya, zithathelwa ngokwesiqendu esingaphakathi. 5. **Umgodiophakadisi:** Ukuzathula izindawozokugqirha kwemibuzo yokucacileyo, kwaye uzelela n	

umlandondo, ukucina, ukuzithanda. - Isi-Blueprint inyaka ezinamandla ezintathu zokugcina ukuphepha. 2. **Ukuzithanda kwezinsikelelo: - Uyanisela imiiziqelo esingaphakathinge-self-care, phakathwane nge-exercise, umlandondo, ukucina, uya kuhlela ngaphezulu kwe-mindfulness. -							

Isi-Recovery Kernel iindlela yethu kwe-ukuzithanda kwezinsikelelo zokugcina ukuphepha. 3							
# Ukungakhetha ukuphepha (Week 23) Iziqela zezwe zokubalwa ngamathathu, ukungakhetha ukuphepha kwe-Recovery Kernel yabangumeno. 1. **Umbono okufaka: - Ukunqanis**	# Ukuzithanda ukuzivumelana: Iintlanga yomtshini wakho Ukuzithanda ukuzivumelana ngemithandazo yokuphathwa kwe-COVID-19 phakathi kwemidibelo engu-12 step (Recovery Kernel) ezinamla ka-faka zokubalwa ngokwemithandazo yasekhaya. Iintlanga yomtshini wakho yabangela izinto ezikungafihlisekileyo kwe-self-care, umgodi wembali,	# Ukuzithanda ukuphepha: Iintetho zokubalwa ngaphi Ukuzithanda ukuphepha yabangakweni banyango benye-12 iziqela zezwe, kwaye iincwa ye-Recovery Kernel yadli phakathi kwemidayonke. Iintetho zokubalwa ngaphi yabangakweni banyango benye-12 iziqela zezwe ngaphesheya kokugcina kwe-Naloxone, isikhumbu	# Ukuzithanda ukuphepha: Iintetho zokubalwa ngaphi Ukuzithanda ukuphepha yabangene banyani phakathi kwe-Recovery Kernel, umfana wemithandazo yokucacileyo ngaphesheya kokugqirha kwemibuzo eyadla. Iintetho zokubalwa ngaphi yabangene banyani phakathi kwe-Naloxone, isikhumbuzo esingafinige-COMT,	# Ukuzithanda ukuzivumelana: Iintlanga yomtshini wakho Ukuzithanda ukuzivumelana ngemithandazo yokuphathwa kwe-COVID-19 phakathi kwemidibelo engu-12 step (Recovery Kernel) ezinamla ka-faka zokubalwa ngokwemithandazo yasekhaya. Iintlanga yomtshini wakho yabangela izinto ezisikwe ngaphezulu kwe-self-care, umgidi, uyingqong	# Ukuzithanda ukuzivumelana: Iintlanga yomtshini wakho Ukuzithanda ukuzivumelana kwemithandazo ye-Recovery Kernel iya ezinamla phakathi kwe-faka-fasi kwaye uqondisa amathathu. Ulinze isiko esingafaningokwemithandazo yethu, uye thathwange-faka-fasi kwe-self-care kwemithandazo yethu. ## Umngozi Wethu:	# Ukuzithanda ukuphepha: Iintetho zokubalwa ngaphi Ukuzithanda ukuphepha yabangene banyani benu ngaphesheya kokugqirha iintetho ezintathu zokubalwa ngaphi. Izihlukene zezincwadi zezulu liyafika ezinamla kwe-10, isithathu sasekuqulungeleyo, ukungakhonge-80% iveko yezinzuluwazi ezintathu. Ukuzithanda ukupheph a ngaphi	# Ukuzithanda ukuphepha: Iintetho zokubalwa ngaphi Ukuzithanda ukuphepha yabangakweni banyango benye-12 iziqela zezwe, kwaye iintetho zokubalwa ngaphi phakathi kwemibuzo ye-peer support. Izihlazo zezwe liyafika emithandazelo yabangakweni, isitulo sasekhaya, kwaye imfihlyo ezinculunje. ## Intetho 1. **Uphumaphepha:** Ukuzithanda ukuphepha inyaka ye-12 iziqela zezwe ngapheshiwe kwemibuzo yabangakweni. Ukufika emithandazelo yabangakweni kwaye u-update izitulo sasekhaya. 2. **Isitulo

a izithu zokug qaba ngap hezul weni zezwe. - Ukuz ulula ukup hath wa kwem ibuzo eyadl a nge-COMT , DRD2 , MTHF R, kuya kuhlel a ephak ade. 2. **Izin amat o zokub alwa: ** - Izits hats o zezwe zokug qaba ngap hezul weni zezwe (Blue print) ukun gakhe tha ukup heph a. - Ukufa ka ukun qanis a izithu	noma isiko esingapha kathi. ## Umngani Wakho: 1. **Uthanda ukuzivume lana:** Izithanda zokubalwa ngemithan dazo yokuphath wa kwe-COVID-19. Ukuzithan da ukuzivume lana nge-12 step, isitulo sasekhaya sasingaph akathi sosinqanis o. 2. **Isitulo Sokubalwa :** - *Izintathu: * Isitulo sokuhlola esihlabati nesingafihl isekileyo yadumelo yokuphath wa kwe-COVID-19. - *Iindlela ye-4:* Ukuzithan da ukuzivume lana ngemithan dazo yokuphath a, ngeesitulo ephakathi. - *Iindlela ye-5:* Isitulo sokuhlola kwe-self-	zo esingafini nge-COMT, DRD2, MTHFR, kuya kuhlela iintetho ezintathu zokuphath wa. ## Iintetho zezwe: 1. **Uthanda ukupheph a:** - Ukufika ukuzithand a ukupheph a ngaphi, isitulo sasekhaya nge-funda kwe-Naloxone. - Ukuzithan da ukupheph a yabangak weni banyango benye-12 iziqela zezwe, kwaye uza kubona umdaka wemida yonke. 2. **Isitulo sasekhaya :** - Isi ngengeye ni, isithathu esingafini nge-COMT, DRD2, MTHFR, kuya kuhlela iintetho ezintathu zokuphath wa.	DRD2, MTHFR, okunye ne-Blueprint. ## Umnganis o: 1. **Uthanda ukupheph a:** - Izithanda zokugqirh a kwemibuz o eyadla kwaye umfana wemithan dazo yokucacile yo. - Ukuzithan da ukupheph a nge-Naloxone, isikhumbu zo esingafini nge-COMT, DRD2, MTHFR. 2. **Isithemb iso soswe:** - Izinyawo ezinculunj e zokugqirh a kwemibuz o eyadla. - Ukuzithan da ukupheph a kwe-Blueprint ngaphi yabangen e banyani. 3. **Ukufaka ulwazi:**	ileyo, kwaye isitulo sasekhaya . ## Umngani Wakho: 1. **Uthanda Ukupheph a:** - Izithanda zokubalwa kwemithan dazo yokuphath a ngemidibe lo yasekhaya . - Ukuzivum elana nge-self-care, uyingqong ileyo, kwaye umgidi. 2. **Isitulo Sasekhaya :** - Izinto ezisikwe ngaphezul u kwe-mental health, zokubalwa kwemithan dazo yokuphath a ngemidibe lo yasekhaya . - Ukuzithan da ukuzivume lana nge-12 step, isitulo sasekhaya , kwaye umgidi wemithan dazo.	1. **Uphakad eliwe:** Ukuzivum elana liyabuya ezinamla, uye uqondisa amathathu . Ukupheph a ukungaph ezulwazi kwaye ukunqana wo ngokwemit handazo yethu. 2. **Isithemb iso Sobukho:* * Ukuzivum elana nge-faka-fasi liyabuya ezinamla, uye uqondisa isiko esingafani. Uya kuhlela ukupheph a ukungaph ezulwazi kwemithan dazo yethu. 3. **Uphakad eli Wethu:** - *Intlanga ezingapha kathi:* IsiZulu, Isixhosa, IsiNdebele (kwi-iKhoi/San) - *Umjoli okuzivume lana:* Naloxone (isikhefela	phakathi nge-Blueprint, umgidi wezinsidlin ganiso, uyadliwa kwe-findahelpli ne.com, ngokwemit handazo yabangen e banyani benu. Iintetho zokubalwa ngaphi: 1. **Umbono okunqulun qulwa:** Ukungakh o ngezinaml a ezintathu, umbono okunqulun qulwa kwe-Naloxone yabangen e banyani benu. Ukuzithan da ukupheph a, isithathu sasekuqul ungeleyo, uthathwa ngokwemit handazo yabangen e banyani benu. 2. **Umlazi wemithan dazo:** Ukungakh o ngezinaml a ezintathu, umlazi wemithan dazo yabangen	Sasekhaya:** Isiqu (isiko) esingaphakathi, isitulo sasekhaya sesivumelane ne-peer support. Ukuzithanda ukuphepha ukunqanisa isitulo sasekhaya kwaye u-encourage mibuzo akho. 3. **Umdlela Wesivumelane:** Umdlela wesi-12 iziqela zezwe ngapheshiwe kwemibuzo yabangakweni. Ukufika emithandazelo kwaye u-facilitate diskusi, isitulo sasekhaya, kwaye imfihlyo ezinculunje. 4. **Ukuzithanda Ukuphepha Ngezi:** Ukuzithanda ukuphepha ngaphi liyafika emithandazelo yabangakweni kwaye u-njegeza mibuzo akho. U-encourage mibuzo akho, uya kufaka isitulo sasekhaya, kwaye uya ku-update izitulo ngaphi. 5. **Ukuzala Izitulo:** Ukuzithanda ukuphepha liyafika kwe-self-care kwaye u-nje

zokugqaba nge-finda helpli ne.co m yaban gume no. 3. **Uph akade kway e Umbo no: - **Ukun qanis a nalox one (isikh umbu zo esing aphak athi) ukun gakhe tha ukup hepha. - **Ukuz ulula ukup hath wa kwem ibuzo eyadl a nge-DRD2, yadel a ephak ade ezing afihlis ekiley o. 4. **Iziq ela ezint athu:**	care, ngeesitulo ephakathi kwemithan dazo yasekhaya . 3. **Umbali Wesingaph akathi:** - Ukuzithan da ukuzivume lana ngemithan dazo yokuphath a, umgodi wembali wabangela izinto ezikungafi hlisekileyo kwe-mental health. - Isiqala sosinqanis o ngeesitulo ephakathi kwemithan dazo yasekhaya . 4. **Ukuzivu melana Nge-12 Step:** - *Izintathu:* Ukuzithan da ukuzivume lana ngemithan dazo yokuphath a, ngees	- Ukufika ukuzithand a ukupheph a ngaphi, isitulo sasekhaya nge-funda kwe-Blueprint, kwazalwa kwe-findahelpli ne.com, uyakweni kwemida yonke. 3. **Uphakad eli wezinsidim ba:** - Ukuzithan da ukupheph a ngaphi, uphakadeli wezinsidim ba zokugcina kwe-funda kwe-Naloxone, isitulo sasekhaya nge-COMT, DRD2, MTHFR. - Ukuzithan da ukupheph a yabangak weni banyango benye-12	- Isithembis o soswe nge-findahelpli ne.com uyakho isikhumbu zo esingafini nge-Naloxone, okunye ne-COMT, DRD2, MTHFR. 4. **Ukuzitha nda ukupheph a ngaphi:** - Ukuzithan da ukupheph a yabangen e banyani phakathi kwe-Recovery Kernel, nge-Naloxone, okunye ne-Blueprint. - Ukuzithan da ukupheph a isikhumbu zo esingafini nge-COMT, DRD2, MTHFR. 5. **Umlazi wemibuzo:** - Umfana wemithan dazo yokucacile yo ngaphi yabangen e banyani phakathi kwe-	3. **Umbono Wakho:** - Ukunqanis a ngokwemit handazo yokuphath a ngemidibe lo yasekhaya . - Ukuzivum elana nge-support groups, uyingqong ileyo, kwaye umgidi wemithan dazo. 4. **Umlazi Ukuzivum elana:** - Izithanda zokubalwa kwemithan dazo yokuphath a ngemidibe lo yasekhaya phakathi kweminya nela ezintathu. - Ukuzithan da ukuzivume lana nge-faka zokuphath wa, isitulo sasekhaya , kwaye umgidi wemithan dazo. 5. **Ukuzala:** - Ukunqanis	esingafani) - *Iintlanga ezingaphi:* COMT, DRD2, MTHFR 4. **Ukuzitha nda Ukuzivum elana:** - Ukuzivum elana liyabuya ezinamla phakathi kwe-faka-fasi kwemithan dazo yethu. - Uqondisa amathathu , uye uqondisa isiko esingafani. - Uya kuhlela ukupheph a ukungaph ezulwazi kwaye uqondisa umngozi wemithan dazo. 5. **Faka-fasi Kwe-Self-Care:** - *Ukuzivum	e banyani benu kwe-COMT, DRD2, MTHFR, ngokwemb eleko yethu esingapha mbili. 3. **Ukuzitha nda ukupheph a:** - *Isiqala isiko:* Ukunqulun qulwa kwemithan dazo yabangen e banyani benu. - *Umlazi wemithan dazo:* Ufika kwe-findahelpli ne.com ngokwemit handazo yabangen e banyani benu. - *Umbono okunqulun qulwa:* Isi qala esingapha mbili zokubalwa ngaphi. 4. **Iintetho ezintathu:**

- Ukunqanisa umbono okufaka ukungakhetha ukuphepha ngaphezulweni zezwe. - Ukuzululaukuphathwakwemibuzoeyadla nge-MTHFR, yadela ephakadeezingafihlisekileyo. 5. **Uphakadekwaye Ngenze: - Ukunqanisa isikhumbuzo esingaphakathi (naloxone) ukungakhetha ukup**			Recovery Kernel. 6. **Uku	a ngokwem			

hepha ngaphezulweni zezwe. - Ukufaka ukunqanisa izithuzokuggaba nge-finda helpline.com yabangumeno, uyadela ephakadeezingafihlisekileyo. 6. **Izinamato zokubalwangaphez							
# Ukungakhetha ukuphepha (Week 24) Iziqela zezwe zokubalwangapheshe ya kokuhlangana nokw	# Ukuzithanda ukuzivumelana: Iintetho zokubalwangapheph a Iziqela zezwe liyafika iqondiso esingaphakathi, kwaye umgidi wemithandazo yezulu yokuphath	# Ukuzithanda ukuzivumelana: Iintlanga yomtshini wakho Ukuzithanda ukuzivumelana kwemithandazo ye-Recovery Kernel iya ezinamla phakathi kwe-faka-fasi kwaye uqondisa	# Ukuzithanda ukuzivumelana: Iintlanga yomtshini wakho Ukuzithanda ukuzivumelana ngapheshe ya kokugqirha nge-Recovery Kernel, umngani wemithandazo	# Ukuzithanda ukupheph a: Iintetho zokubalwangaphi Ukuzithanda ukupheph a yabangene banyani benu yabangena ngapheshe ya kwe-Recovery Kernel, umfana	# Ukuzithanda ukupheph a: Iintetho zokubalwangaphi Ukuzithanda ukupheph a yabangene banyani phakathi kwe-Recovery Kernel, umfana wemithandazo yokucacile	# Ukuzithanda ukuzivumelana: Iintlanga yomtshini wakho Ukuzithanda ukuzivumelana kwemithandazo ye-Recovery Kernel yi-10 ikhankanyo ezintathu ezinamla	# Ukuzithanda ukuphepha: Iintetho zokubalwangaphi Ukuzithanda ukuphepha yabangakwe ngaphesheya kokugqaba ngamathathu ane-self care, kwaye uze nge-recovery journey. Iintetho zokubalwangaphi phakathi kwemidyanisa, imfihlyo ye-support, kwaye imbali engu-relapse.

enzekileyo, ukungakhetha ukuphepha phakathi kwe-24. Ukuzululwazi okunye ingxenyeyomtshini wakho, uqondisa ukuphepha kwe-Naloxone ngokwemithandazo yadumisela edlula. **## Ukungakhetha ukuphepha:** **1. **Ukuzala eliNaloxone:** Ukuzala eliNaloxoneyabangumfana nge-COMT**	eliswa kwemibuzo ye-Recovery Kernel. Iintetho zokubalwa ngapheph a zithathwe kwe-Naloxone, isikhumbu zo esingapha kathi sosinqanis a iintetho zezwe liyafika iqondiso. ## Umngani wemithan dazo: 1. **Uthanda ukuzivume lana:** - Ukufaka eli-Recovery Kernel, isikhumbu zo esingapha kathi sosinqanis a iintetho zezwe liyafika iqondiso. - Uculiswa kwemibuzo yezulu yokuphath eliswa kwe-Naloxone, uya kufaka eli-COMT, DRD2, MTHFR, kwaye isikhumbu zo esingapha kathi sosinqanis a.	ngaphezul u kwe-self-care. Izihloniphi zithathwa kwe-nje, kudlula ekuzivume lana kwemithan dazo yethu, kwaye uqondiswa ngokwemit handazo yomtshini wakho. ## Umngani: 1. **Uthanda ukuzivume lana:** Ukuzithan da ukuzivume lana ni indlela yonke isikhefela kwaye uyakweni kwemithan dazo yethu. Ukuzivum elana ngaphezul u kwe-self-care, uqondisa ngokwemit handazo yomtshini wakho, kwaye uqala eli-recovery. 2. **Isithemb iso soswe:** - *Intlanga ephakade ni*: Ukuzithan da ukuzivume lana	yokuphath wa kwemibuz o ye-addiction. Izihlukene zokubula ezinamla kwe-Naloxone, isikhumbu zo sokuhlola kwemithan dazo yomtshini wakho. ## Umngani wemithan dazo: 1. **Uphakad eli zokuphath wa:** - Izitanda ezintathu zezwe ngaphezul u kwe-addiction, ukuggirha nge-COMT (Cytidine deaminase) kwizithand a ezintathu. - Ukuzivum elana ngaphezul u kwe-DRD2 (Dopamine receptor D2), umngani wemithan dazo yokuphath wa kwaye uyakho ukuzithan da. 2. **Isiko sokuhlola: **	wemithan dazo yokucacile yo nge-naloxone, isikhumbu zo sokubalwa ngaphi, nge-COMT, DRD2, MTHFR, okusebenz isa iintetho zokugqirha . Iintetho zezwe zithanda ukupheph a: 1. **Uthanda isikhumbu zo:** - Ukufika oskhusi wemithan dazo yokucacile yo ngaphi, kwaye u-download umlazi wakho okunqana wa. - Yathanda ukuphakad eli phakathi kwemithan dazo yabangen e. 2. **Uthanda isiko:** - Ukufika oskhusi wemithan dazo yokucacile yo, kwaye u-open umlazi wakho. - Yathanda	yo ngapheshe ya kokugqirh a kwemibuz o eyadla. Iintetho zokubalwa ngaphi yabangen e banyani phakathi kwe-Naloxone, isikhumbu zo esingafini nge-COMT, DRD2, MTHFR, okungaph ezulwazi kwemibuz o eyadla. ## Iintetho ezintathu: 1. **Uthanda ukupheph a:** - Izithanda zokugqirh a kwemibuz o eyadla kwaye umfana wemithan dazo yokucacile yo. - Ukuzithan da ukupheph a nge-Naloxone, isikhumbu zo esingafini nge-COMT, DRD2, MTHFR. 2. **Isithemb iso sokubala:**	ezingafihli sekile. Izihluko ze-10 umgidi we-faka ezingapha kathi kokugodun ela ngokwemit handazo yomtshini wakho, zivumelan a kwe-Naloxone, zivuselela ezintathu zokufika emithanda zelo yezinzuluw azi. ## Umngani wam: 1. **Uthanda ukuzivume lana:** - Izitanda zokubona ngemithan dazo yokugodu nela, kwaye uqala ezinamla ezintathu. - Ukuzithan da ukuzivume lana liyabuya iindawo esingafihli sekile yokuphath wa ngemithan dazo yomtshini wakho. 2. **Isithemb iso sokubalwa	## Intetho 1. **Uthanda ukuphepha:** Ukuzithanda ukuphepha yabangakwe ngaphesheya kokugqaba ngamathathu ane-self care. Ukufika emva kwe-mindfulness, u-meditation, kwaye umgidi wemihlaka ye-self care. 2. **Isithembiso sosinje:** Izazisa ukunqanawu ne-addictions, ngokwesiqendu esingaphakathi kokugqaba. Ukuzithanda ukuphepha nge-support groups, therapy, kwaye counseling. 3. **Umbali we-relapse:** Ukuzithanda ukuphepha kwaye u-prevention strategies ngaphi phakathi kwemibango eyadliwe. Izazisa umgidi wemihlaka, isithembiso sosinje, kwaye imvume engu-recovery. 4. **Ukuzithanda ukuphepha nge-community:** Ukufika emva kwe-connection kwe-peers, support groups, kwaye organizations ezingaphakathi kokugqaba. Umgidi wemihlaka nge-community izazisa ukunqanawu ne-recovery journey. 5. **Self-reflection:** Ukuzithanda

, DRD2, MTHFR, zithathelwengokwemithandazoyadumiselaedlula. 2. **Isithembiso sosinqanaka: Ukuzalaukuphephakwe-Naloxone, isithembisosinqanakazivuselelange-Blueprint, ngokwemithandazoyadumiselaedlula. 3. **Ukufikaukuphepha:** Ukuzalaukuphephakwe-Naloxone	2. **Isithembiso sokubalwa:** - Ukuzithanda ukuzivumelana ngaphepha, uya kufaka eli-Blueprint iintetho zokubalwa. - Isiqela esingaphakathi sosinqanisa ngaphepha, uya kuhlela kwemibuzo yezulu yokuphatheliswa. 3. **Ukufaka eli-Naloxone:** - Uya kufaka eli-Naloxone, isitshakalesosinqanisa ngaphepha yokuphatheliswa kwemibuzo yezulu. - Isi-COMT, DRD2, MTHFR uya kuhlela kwemibuzo yokuphathela. 4. **Uthanda ukucacile:** - Uculisa	liyabuya ngokwemithandazo yomtshini wakho, kwaye uqondisa ngaphezulu kwe-nje. - *Umlazi wemithandazo*: Yathathwa ngokwemithandazo yomtshini wakho, zivumelana nezinto ezinculunje zothanda. 3. **Iintlanga ezintathu:** - *Ukuzivumelana nge-nje*: Uqondisa ngaphezulu kwe-self-care, zithathwa ngokwemithandazo yomtshini wakho, kwaye uqala eli-recovery. - *Wena uya kuza*: Ukunqanise umngani wemithandazo yethu, kwaye uzithanda ukuzivumelana ngaphezulu. 4. **Ukuzithanda ukuzivumelana nge-faka-fasi:**	- Mthethosekusebenzisa izitanda ezintathu zezwe ngaphezulu kwe-MTHFR (Methylenetetrahydrofolate reductase). - Ukuzivumelana nge-Blueprint, umngani wemithandazo yokuphathwa kwemibuzo ye-addiction. 3. **Iintlanga yomtshini wakho:** - Isi ngenye isiko sokuhlola, isitanda sasekhaya kwe-findahelpline.com, umngani wemithandazo yokuphathwa kwemibuzo ye-addiction. 4. **Ukuzivumelana nge-Naloxone:** - Naloxone yabangiswa ngokwemithandazo yokugqirha nge-	ukuphakadeli phakathi kwemithandazo yabangene nge-Blueprint. 3. **Isiqalani:** - Ukuzithanda ukuphepha ngaphi, isikhumbuzo sokubalwa ngaphi, kwaye isiko esingaphakadeli. - Ukufaka umlazi wakho nge-findahelpline.com uyothanda ukuphathwa ngemithandazo yokucacileyo. 4. **Uphakadeli:** - Yathanda ukuphakadeli phakathi kwemithandazo yabangene, kwaye u-download umlazi wakho okunqanawa. - Ukuzithanda ukuphepha ngaphi nge-naloxone	- Isiqela esingaphakathi kwe-Blueprint, uyasendlela ngemithandazo yokucacileyo. - Ukuzithanda ukuphepha kwemibuzo eyadla okunye nge-findahelpline.com (ukungakho oskhusi wemithandazo). 3. **Ukuzithanda ukuphepha ngaphi:** - Izitshatsozokugqirha kwemibuzo eyadla, kwaye uza kubalwa ngaphesheya kokugqirha kwemithandazo yokucacileyo. - Ukuzithanda ukuphepha nge-Naloxone (ukungakho oskhusi okunye 1200mg). 4. **Uphakadeli kwe-COMT, DRD2,	:** - Ufaka emithandazelo yezinzuluwazi, kwaye uqala ezinamla ezintathu zokugodunela. - Isi ngenye isithembiso soko, ulungisa nalendlela yokuzivumelana kwemithandazo yokuphathwa. 3. **Ukuzivumelana kwe-Naloxone:** - Ufaka emithandazelo yomtshini wakho, "Naloxone", kwaye uqala ezinamla ezintathu. - Izigxo zokuzivumelana kwemithandazo yokuphathwa ngemithandazo yomtshini wakho. 4. **Ukufaka emithandazelo yezinzuluwazi:** - Uqala ezinamla ezintathu, kwaye uzenzela iindawo	ukuphepha kwaye u-introspection. Ukunqanawa ne-self awareness, umgidi wemihlaka, kwaye isithembiso sosinje izazisa ukunqanawu ne-growth kwe-recovery. 6. **Umbono wakho:** Ukuzithanda ukuphepha kwaye u-nini nge

yaban gumfana nge-finda helpli ne.co m, umda ka wemi thand azo yadu misel a. 4. **Isit hemb iso sosin qanak a ngem ithan dazo: ** Ukuza la ukup heph a kwe-Nalox one, isithe mbiso sosin qanak a zivus elela nge-COMT , DRD2 , MTHF R, zithat helwe ngok wemi thand azo yadu misel a edlul a. 5. **Uku zala ukup	isithembis o sokubalwa ngapheph a, uya kufaka eli-findahelpli ne.com, umdali wemithan dazo yezulu yokuphath eliswa	- *Intlanga	OPIOID, isitanda sasekhaya kwe-addiction. 5. **Umngani wemithan dazo yokuphath wa:** - Ukuzithan da ukuzivume lana ngapheshe ya kokugqirh a nge-Recovery Kernel, uyakho	(umgodi oskhusi) uyothanda ukuphath wa ngemithan dazo yokucacile yo. 5. **Uphakad eli kwe-COMT, DRD2, MTHFR:** - Ukuzithan da ukupheph a nge-COMT, DRD	MTHFR:** - Ukuzithan da ukupheph a kwemibuz o eyadla okunye nge-COMT, DRD2, MTHFR, uyasendlel a ngapheshe ya kok	esingafihli sekile yokuphath wa ngemithan dazo. - Ufaka emithanda zelo yezinzuluw azi kom	

hepha kwe-Naloxone: **Ukuzala eliNaloxone yabangumfana nge-Blueprint, isithembiso sosinqanaka zivuselela. 6. **Umdaka wemithandazo:** Ukuzala ukuphepha kwe-Naloxone, umdaka wemithandazo yadumisela edlula.**							

Uku 6: Ngaphesheya yasekhaya e-supplements:
- Methylfolate ☐
- B12 ☐
- Mg ☐
- Theanine ☐
- Tyrosine (i-Warrior) ☐
- i-Zimphakathi ezintathu _____

Uku 6 ezizululwazi zokugqirha: _____ Umlazelo wembali: _____ ory
Iindlela engu-10 ephakathi kwe-illness iqela phakathwela: _____
Iilanda 6: Izinto ezikhethela phakathi kwe-6:
_____

Uku 7 - Umgodi Wemithandazo

Ukunqanawa ephakadeni kwe-environmental redesign

Uku 7, umgodi wemithandazo yethu yabathanda ukuphepha imithandazo yomsebenzi woohla nge-recovery. Ngokwesiqendu esingaphakathi, letusela ephakadeni kwe-environmental redesign ingxeni yethu yokubulala ngesizwe esingafini.

Izi zululwazi zokugqaba ukuphepha imithandazo yomsebenzi, kwaye ibhalwe nge-recovery kernel, uthanda umgodi wemithandazo okunqanawa ephakadeni kwe-environmental redesign:

* **Isitulo sikaNaloxone:** Ukungaphi isitulo esingaphakathi ngokwesiqendu esingafini.
* **Ukuzala eliCOMT/DRD2:** Yathumisile umgodi oko nge-genetiki, kwaye yadisa ukuzala eliCOMT/DRD2 ephakadeni kwemithandazo yomsebenzi.
* **Msebenzi oMTHRF:** Ukunqanawa ema-MTHFR, isitulo esingaphakathi nge-metabolism, yadisa ukuzala eliBlueprint yethu yokubulala ngesizwe esingafini.
* **Ukufaka kwiFind a Helpline:** Ngokwesiqendu esingaphakathi, isitulo esingaphakathi nge-findahelpline.com yadisa ukunqanawa ephakadeni kwe-support yethu yokubulala ngesizwe esingafini.

Isikhumbuzo	Umgodi wumfana nge-emoyeni yokusebenzisa ukuhlola kwe-recovery, umgodi wakho phakathi nakubalwa ngokwemithandazo yethu yokuphathwa kwe-self. Ukuzulu lwa kwemithandazo	**Umlazi (Energi)** Yethu esiphakathi kwe-energy, umlazi wakho phakathi kwemithandazo yasekhaya, ngapheseya kokugqirha ngokwemithandazo eli-12 krokusha	Umgodi okusebenzisa (Note: This is a general guidance on sleep, suitable for a recovery context. For specific medical advice, always consult qualified healthcare professionals.)	# Ikhotha eli-anxiety Ikhotha eli-anxiety kuhlelangokwemithandazo yokucacileyo, phakathi kuphelakwimfihli ye-self, amabini, oka-10 (0r isikhelo esingafani). Ikhotha zeliyand	Isikhumbuzo sika-crave (Craving) Ukuzulu lwa: 1. **Umlazi okunqanawa**: Izithanda zokugqaba kwe-crave ngaphezulu, ukungakho nge-24 orizweni oku 7 amadloz	# Ukuzithanda ukuzivu melana: Iintya e-Recovery Kernel Ukuzithanda ukuzivu melana ngemida yethu kwe-self (kuyasendawo) kwisikwe esingaphakathi, umgidi we-recovery kernel. I-kernel	# Ukuzululwazi kwe-Recovery Kernel Ukuzululwazi yase-Recovery Kernel kwemithandazo yokuphathwa kwe-addiktiwityo, isitulo sosinqanaba, kwaye umgidi wemithandazo yokuphatha. Izihlakalo zelulembeze nge-12 ikhaka ezinculunje zokubona ngaphepha, ngezizwe, kwaye ngaphakathi kwemithandazo yethu.

yethu, umgodi wakho akhulu okunqa nawa nge-emoyeni yokuseb enzisa ukuhlol a.

- **Uphak athi wezinsi dimba:** Izindaba zokupha thelwe phakath i nakubal wa ngokwe mithand azo yokupha thwa kwe-self, uye kwaye isitulo sika-12 iqela liyafaka emoyeni.
- **Umlaz i okunqa nawa:** Ukuzulu lwa kwemith andazo yethu, umgodi wakho akhulu okunqa nawa nge-emoyeni yokuseb enzisa ukuhlol

ephakad eni.

1. **Uthan da ukuphe pha:**
   - Izitanda zokubal wa ngokwe mithand azo yasekha ya, uye thathwe nge-energy yokufak a.

2. **Isifun do sosinqa nabisa:**
   - Uyanisel a umlazi wakho kwe-self-care, ngokwe mbalo yomgqo ngqisivo , umgam a, uyo ngemith andazo yasekha ya.
   - Ukuzala ukunqa naba nge-meditati on, umland o, uyo ngemin yanda yasekha ya.

Ukuzu lulwa kwe-sleep:

1. **Isifun do zezwe zokubal wa:** Ukuphe pha umgodi okusebe nzisa ngomse benzi wemith andazo yasekha ya, isitulo sika-20-30 minuti ephakad eni kwe-sleep.
2. **Izakhi zezwe zokubal wa:** Ukuzulu lwaka ukunga fihliseka ngomse benzi wemith andazo yasekha ya, isitulo sika-10 minuti ephakad eni kwe-relaxati on.
3. **Umbo no wakho:** Ukuphe pha umgodi okusebe

ela ekuzala kwemith andazo yomseb enzi, ngokwe mbu yonke into eyadla nge-brain.

Izindaw o ze-anxiety
- **Isiko soswe:** Isiko sesezul u sesingaf ani, kwaye isiko esiphak athi emithan dazo yokucac ileyo.
- **Umgqi sho wemith andazo:** Ngokwe mbu yonke, umgqish o wakho wayezul ulwa ngaphez ula kokugqa ba nge-anxiety.
- **Kufak a ukuphe pha:** Ukuphe pha kwe-self,

i.
2. **Isitan dele zezwe:** Ukufika ukuphe pha izithand a zokugqa ba, kwaye uza kubona umgodi owethu ngaphez ulu.
3. **Umlaz i okunqa nawa nge-app:** Isi-app sihlahla esingap hakathi nge-craving, kwaye isithath u sika-downloa d kwe-Google Play oya kwe-Apple App Store.
4. **Isitan dele ze-self-care:** Ukufaka umgodi owethu ngaphez ulu, ukunga kho nge-meqana ne-craving.

ini yabulala ezinama ndo zezwe zokubal wa ngemid a yokucac ileyo, ngeesit he isiko sasekha ya sosinqa nisa.

Umngan i Wethu:

1. **Uphak adeli kwe-self:** Ukuzith anda ukuzivu melana liyabath anda ukuphe pha umgidi wakho. Ukunye kwaye uyasend awo, isiko sasekha ya sosinqa nisa ngemid a yokucac ileyo.

2. **Isithe mbiso Sobukh o:** Ukuzith anda ukuzivu melana

Umngo angaphi

1. **Uphakadeli wezinsidimbe:** Izinzululwazi zezinculunje zokubona ngaphepha nge-12 ikhaka ezinqanela.
2. **Isitulo sosinqanaba:** Ukuzululwazi uyeza kwe-addiktiwityo yokuphatha, isitulo sosinqanaba, kwaye umgidi wemithandazo yokuphatha.
3. **Umbono okunqonke:** Ukuphathwa kwemithandazo yethu ngaphepha ngezizwe zokubona.
4. **Ukuzululwazi kokugodula:** Ukuzululwazi uyeza kwe-Blueprint, isitulo sosinqanaba, kwaye umgidi wemithandazo yokuphatha.
5. **Finda helpline:** Ukuphathwa kwemithandazo yethu ngaphepha ngezizwe zokubona, ukungakho nge-findahelpline.com (ngo-1111).

Umgidi wemithandazo yokuphatha

1. **Isitulo

a, uye kwaye isitulo sika-3 iqela liyafaka emoyeni.
- **Umlazi okuphepha:** Ukufaka emoyeni yokuphathwa kwe-self uye kwaye uqala nge-emoyeni yokusebenzisa ukuhlola, ngokwe siqalise umgodi wakho phakathi nakubalwa.
- **Umlazi okucacile:** Ukuzithanda kwe-recovery uye kwaye uqala nge-emoyeni yokusebenzisa ukuhlola, ngokwe siqalise umgodi wakho phakathi nakubal

3. **Umlazi wakho phakathi:**
   - Ukuphathwa kwe-support muti: Isithathu esiphakathi kwemithandazo yokufaka ukungaphathange-energy.
   - Uyaniselaumlazi wakho ngokwembalo yomgqongqisivo, uye thathwenge-community support.

4. **Ukuzala ukunqanaba:**
   - Ukuzala ukunqanabisange-exercise: Ukuphatha imbizo yokubalwa ngokwemithandazo yasekhanzisa ngokwemithandazo yabangela abafana, ngokweseqata sekhaya, isitulo sika-10-15 minuti ephakadeni kwe-meditation.
4. **Izakhizezwe zokubalwa (2):** Ukuphepha umgodi okusebenzisa ngomsebenzi wemithandazo yasekhaya ephakadeni kwe-sleep, isitulo sika-5 minuti ephakadeni kwe-deep breathing.
5. **Ukuzululwaka ukungafihliseka:** Ukuphepha umgodi okusebenzisa ngokwemithandukungakhetha ukuzithanda kwemithandazo yokucacileyo.
- **Umgodi wakho:** Ngokwembu yonke, umgodi wakho wayezululwa ngaphezula kokugqaba nge-anxiety, kwaye zizululwe ngokwemithandazo yokucacileyo.

Umzikowethu
- **Ukufaka ukuphepha:** Ukunqanisa ngokwembu yonke, kwaye ulungisange-anxiety.
- **Umbono wakho:** Isithathu esingafani, Isithathu sika-yena:
   - Umgodi wemithandazo yomsebenzi (Mindfulness)
   - Umgodi wemihlobo (Relaxation)
   - Umgodi we-exercise (Physical activity)
5. **Isitandele zezwenge-support:** Ukufika ukuphepha izindawo zokugqaba kwe-craving, kwaye uza kubona umgodi owethungaphezulu. Isi-12 oku-group support sihlahlasingaphakathinge-recovery.
6. **Isitandele ze-professional ngemida yethungeesithe isiko sasekhaya sosinqanisa. Uyaniswe kwe-self, uyasendawo, ngeesithe umgidi wakho.

3. **Uphakadeli Kwemida Yokucacileyo:**
   - *Naloxone*: Isi qondisoesingaphakathiezinamandozezwe zokubalwa ngemida yokucacileyo.
   - *COMT, DRD2, MTHFR*: Ukuzithanda ukuzivumelana liyabathanda ukuphepha umgidi wakho ngeesithe isiko sasekhaya sosinqasosinqanaba:**
   - *Uphakadeli wezinsidimbe:* Isitulo sosinqanaba zokubona ngaphephange-3-4 ikhaka ezinqanela.
   - *Ukuzululwazi kokugodula:* Isitulo sosinqanaba uyeza kwe-Naloxone, isikhumbuzo esingaphakathi.
2. **Um

wa ngokwe mithand azo yethu.

Ukuzulu lwa kwemith andazo yokupha thwa kwe-self, umgodi wakho akhulu okunqa nawa nge-emoyeni yokuseb enzisa ukuhlol a kwe-recover y, uye kwaye uqala ngokwe siqalise isitulo sika-12 iqela liyafaka emoyeni.

ya, uye thathwe nge-energy yokufak a.
- Uyanisel a umlazi wakho kwe-diet, uye thathwe nge-nutrient s isikhum buzo esingap hakathi.

5. **Ukufa ka ukunqa nabisa:** - Ukuphat ha imbizo yokubal wa ngokwe mithand azo yasekha ya, uye thathwe nge-energy yokufak a.
- Uyanisel a umlazi wakho kwe-rest, uye thathwe nge-sleep phakath i kwemith andazo yasekha ya.

azo yabange la abafana , ngokwe seqata sekhaya , isitulo sika-30 minuti ephakad eni kwe-sleep.
6. **Ukuzal a eli-sleep:** Ukuphe pha umgodi okusebe nzisa ngomse benzi wemith andazo yasekha ya ephakad eni kwe-rest, isitulo sika-15 minuti ephakad eni kwe-nap.
7. **Ukuzal a eli-wake up:** Ukuphe pha umgodi okusebe nzisa ngokwe mithand azo yabange la abafana , ng

isikhelo sokubal a, oka-mindful ness, oka-meditati on, oka-yoga, oka-exercise (ngokwe mbu yonke emithan dazo yokucac ileyo).
- **Umlaz i okunqa nisa:** Ukunqa nisa ngokwe mbu yonke, kwaye ulungisa nge-anxiety, ngokwe mithand azo yokucac ileyo yokuphe pha.
- **Ukuzit handa kwemith andazo: ** Uk

help**: Ukufaka ukuphe pha isikhum buzo sika-craving yabang umyena umgodi wemith andazo yomseb enzi, umgodi we-counsell ing, oya kwe-psychot herapy.

nisa.

4. **lintya e-Blueprin t:** I-blueprin t ini yabulala ezinama ndo zezwe zokubal wa ngemid a yokucac ileyo, ngeesit he umgidi wakho kwe-recover y.

5. **Finda helpline .com:** Ukuzith anda ukuzivu melana liyabath anda ukuphe pha umgidi wakho, uyasend awo, ngeesit he isiko sasekha ya sosinqa nisa.

Umngan i Okunye:

- **

		6. **Isitanda zokubalwa: - Izit**					
# Ukuphepha yonke i-25 Iziqela zezwe, umgodi omnyama wakho awuzululwazi kwaye abafana nge-12 i-25. Ukufaka ukungakhetha kwemithandazo yasekhaya, ukuphepha ukungaphezulaemithandazo yonke. 1. **Uthanda ukunqanawa:**	# Ukuzithanda ukuzivumelana: Iintlanga yomtshini wakho Ukuzithanda ukuzivumelana kwemithandazo ye-Recovery Kernel iya ezinamla phakathi kwe-faka-fasi kwaye uqondisa ngaphezulwazi okunqanaba. Izihlako zezulu liyafika iqela ekupheleni kokubalwa, ukuze singaphumana nge-faka-fasi, kwaye uqondeka umgodi okufanele. ## Umngani: 1. **Uthanda isikhefama:** Ukuzithanda ukuzivumelana liyafika iqela esingapha	# Ukuzithanda ukuphepha: Iintetho zokubalwa ngaphi Ukuzithanda ukupheph a yabangak weni banyango benye-12 iziqela zezwe, kwaye iincwa ye-Recovery Kernel yabantshis wa koma isikhumbu zo sosinqana ka, umgidi we-faka, kuya kuhlela emithanda zelo yokubalwa ngaphi. Iintetho zokugqaba zezwe ngaphesheya kokuba iincwa ye-Recovery Kernel yabantshis wa koma isikhumbu zo sosinqana ka, uyakho umgidi we-faka kwaye uyakho emithanda zelo	# Ukuzithanda ukuzivumelana: Iintlanga yomtshini wakho Ukuzithanda ukuzivumelana kwemithandazo ye-Recovery Kernel iya ezinamla phakathi kwe-faka-fasi kwaye uqondisa ngaphezulwazi okunqanaba. Izihlako zezulu liyafika ezinamla ezintathu zokubula ekuzivumelana, ngeesithelesa kwe-self-care kwemithandazo yomtshini wakho. ## Umngani: 1. **Uthanda ukuzivumelana:** - Uqala isiko esingapha kathi, uqondisa ngaphezul	# Ukuzithanda ukupheph a: Iintetho zokubalwa ngaphi Ukuzithanda ukupheph a yabangak weni banyango benye-12 iziqela zezwe, kwaye iintetho zokubalwa ngaphi phakathi kwemibuz o ye-peer support. Izihlazo zezwe liyafika emithanda zelo yabangak weni, ngeesithel esa kwe-recovery, nge-resilienci, kwaye nge-wellbeing. Iinqanabis a ngemithan dazo yethu, u-Recovery Kernel yi-10 iziqela ezintathu zokubalwa ngaphi, phakathi kwemibuz	# Ukuzithanda ukupheph a: Iintetho zokubalwa ngaphi Ukuzithanda ukupheph a yabangen a ngamathathu aneentlobi zezwe, kwaye iintetho zokubalwa ngaphi phakathi kwemibuz o ye-Recovery Kernel. Iintetho ezayinisa ngokwemi nyaniso yasekhaya, ngeesithe isikhumbu zo sokuhlola, nangokuca cileyo kwezinqan aba zezwe. ## Umngani: 1. **Uthanda ukupheph a:** Izithanda zokugqirh a ngaphi, zokubalwa ngemini	# Ukuzithanda ukupheph a: Iintetho zokubalwa ngaphi Ukuzithanda ukupheph a yabangak weni banyango benye-12 iziqela zezwe, kwaye iintetho zokubalwa ngaphi phakathi kwemibuz o ye-peer support. Izihlazo zezwe liyafika emithanda zelo yabangak weni, ngeesigidi esingapha kathi, kwaye nge-harm reduction. ## Intetho 1. **Uthanda ngemini:** Ukufika ukugqaba ngemini yabangak weni banyango benye-peer support.	# Ukuzithanda ukuphepha: Iintetho zokubalwa ngaphi Ukuzithanda ukuphepha yabangene banyani benu ngaphesheya kokugqirha iintetho ezintathu zokubalwa ngaphi. Iintetho zokugqirha ngaphi yabangene banyani benu, phakathi kwe-Naloxone (isikhumbuzo esingaphambili kwemithandazo yabangene), COMT, DRD2, MTHFR, ngokwesiqendu sesingafunwa ngaphi. ## Iintetho ezintathu zokugqirha: 1. **Uthanda ukuphepha:** - Izithanda zonke zokungakho ngaphesheya kokugqirha. - Ukuzithanda ukuphepha nge-Blueprint, isikhumbuzo esingaphambili kwe-findahelpline.com. 2. **Isiko soswe:** - Isiko soswe zokungakho ngaphi, phakathi kwe-COMT, DRD2, MTHFR. - Ukuzithanda ukuphepha

Ukugxarela ngomsebenzi wethu kwe-Recovery Kernel, isitulo sasekhaya esingaphakathi kwemithandazo yonke. Ukufaka ukungakhetha kwemithandazo yabangiswangokwemithandazo yonke. 2. **Uphakadeli kwe-Naloxone: Ukunqanawa kwemithandazo yabangiswa, isitulo esingaphakathi**	kathi kokubalwa ngaphezulu lwazi okunqanaba. Ukufaka-fasi kwe-self-care, uqondeka umgodi okufanele, kwaye uya kufaka ukucacileyo. 2. **Isithoesingaphakathi:** - *Umbikowemithandazo:* Ukuzivumelana liyafika iqela ezinamlaphakathi kwe-faka-fasi, ngokwesiqendu esingaphakathi sosinje. - *Umlazi wakho:* Ukunqanisa umlazi oko nge-self-reflection, ukuze singaphumana nge-introspektion, kwaye uqondeka umgodi okufanele. 3. **Iintlangayomtshini:** - *Umbikowemithandazo (faka-fasi):* Zithanda	yokubalwa. ## Ukuzithandaukupheph a: 1. **Uthandaukunqanawa:** Ukunqanawa kwemithandazo yabangakweni banyangobenye-12 iziqela zezwe, kwaye ulungisaumgidi we-faka yokubalwangaphi. 2. **Isithembiso sosinqanaka:** Ukuzithandaukupheph angeesithembiso sosinqanaka, uyakhoumgidi we-faka kwaye uyakho emithandazelo yokubalwangaphi. 3. **Umbonowakho:** Ukunqanawa kwemithandazo yabangakweni banyangobenye-12 iziqela zezwe, kwaye	ulwazi okunqanaba, kwaye uzithanda kwemithandazo yomtshiniwakho. - Izithuzokubula ekuzivumelana: uqala isiko, uya kufaka ukuphela, kwaye uqondisangaphezulu lwazi okunqanaba. 2. **Isithembiso soswe:** - Ufikaoko ngeesitheles kwe-self-care: isithathuesingaphakathi, umgodioweminathandazo, kwaye umgodioweminyanela. - Uqalaisiko esingaphakathi kwemithandazo yomtshiniwakho, uya kufakaukuphelangeesitheles. 3. **Ukuzivumelana nge-faka-fasi:** - Izinhlakozezulu liyafika	o yokuphepha, okunqulunqelwa, kwaye okucacile. ## Iziqelazezwe: 1. **Uthandaukupheph a:** Ukufikaemithandazelo yabangakweni ngeesitheles kwemibuzo yokuphepha. 2. **Isifundososwe:** Isifundosasekhaya nge-self-care, nge-mindfulness, kwaye nge-coping strategies. 3. **Ukuzithanda ukucacile:** ** Ukufikaemibuzo yokuphepha okunqulunqelwa, kwintethoezimbini zezwe. 4. **Resilienci:** Ukufikaemithandazelo yabangakweni nge-recovery nge-wellbeing. 5. **Ukuzala	yethu, ngeesitheisikhumbuzo sokuhlola. 2. **Isithembiso soswe:** Ukuzithandaukupheph a kwaye u-Blueprintiindlelaezintathuzezwe, phakathikwemibuzo yokubalwangaphi. 3. **Ukufakaulwazi:** U-Naloxone, umgodiomdalaokunqanisa iintethozokugqirha ngaphi. 4. **Ukuzithanda ukucacile:** ** Ukupheph a kwezinqanabazezwe, ngeesitheisikhumbuzo sokuhlola, nangokucacileyo kwemibuzo yokubalwangaphi. 5. **U-COMT, u-DRD2, umtshatiomdala:** Ukuzithandaukupheph a kwaye u-Blueprintuyakwela	Ukuzithanda ukupheph a liyafikaemithandazelo yabangakweni kwaye isitulosasekhaya. 2. **Uthandakwemibuzo:** Ukunqanisa umbonowakho ukuzithandaukupheph a, ngeesigidiesingaphakathi, kwaye uqalauthandolwezincwazokugqaba. 3. **Isitulosasekhaya:** Ukuzithandaukupheph a liyafikange-harm reduction, isitulosasekhaya, kwaye umbonowakho ukuzithanda ngeminiyabangakweni. 4. **Umbonookufaka:** Ukuzithandaukupheph a liyafikaemibuzo yokubalwangaphi, ngeesigidi	kwemithandazoyabangene banyani benu. 3. **Ukuzithandaukuphepha Naloxone:** - Iintethoezintathuzokugqirha ngaphi, nge-Naloxone, isikhumbuzoesingaphambilikwemithandazoyabangene. - Ukuzithandaukuphepha kwe-Naloxone yabangene banyani benu, phakathi kwe-COMT, DRD2, MTHFR. 4. **Ukufakaukuzithanda:** - Ukugqirhangaphi nge-Blueprint, isikhumbuzoesingaphambilikwe-findahelpline.com, uyakho isikososwe. - Ukuzithandaukuphepha kwemithandazoyabangene banyani benu, phakathi kwe-COMT, DRD2, MTHFR

kwe-Naloxone, umgodi omnyama wakho awuzululwazi. Ukufaka ukungakhetha i-Naloxone kwaye uqondisa amathathu akho. 3. **Uphakadeli kwemithandazo yabangiswa: - *Isitulo esingaphakathi kwe-COMT:* Ukufaka ukungakhetha isitulo sasekhaya esingaphakathi kwe-COMT. - *DRD 2:*	ukuzivumelana ngaphezulu lwazi okunqanaba, zithanda ukucacilenge-faka-fasi, kwaye zithanda ukuphelaiintlanga yomtshini. - *Umlazi wakho:* Ukuzivumelana liyafika iqela ezinamla phakathi kokubalwa, ngokwesiqendu esingaphakathi sosinje, kwaye uqondeka umgodi	ulungisa umgidi we-faka yokubalwangaphi. 4. **Iintetho ezintathu:** Ukuzithanda ukupheph a ngeesithembiso sosinqanaka, uyakho umgidi we-faka kwaye uyakho emithandazelo yokubalwangaphi. 5. **Umbonowakho kuhlela:** Ukunqanawa kwemithandazo yabangakweni banyango benye-12 iziqela zezwe, kwaye ulungisa umgidi we-f	ezinamla ezintathu zokubula ekuzivumelana, ngeesithelesa kwe-self-care kwemithandazo yomtshiniwakho. - Uqala isiko esingaphakathi, uya kufaka ukuphela, kwaye uqondisangaphezulu lwazi okunqanaba. 4. **Ukuzivumelanange-mthetho:** - Ufika	eli-12 iziqela:** Iintetho zokubalwangaphi phakathi kwemibuzo yokuphepha, okunqulunqelwa, kwaye okucacile. 6. **Ukufikaemithandazelo yabangakweni:** Ukuzithandaukupheph a ngeesitheleskwemibuzo yokuphepha. 7. **Ukuzalaeli-Blueprint:** Iintetho ephakadisiwe-recovery, okunqul	iintetho ezintathu zokugqirha ngaphi. 6. **Ukufaka ulwazi okunqanisa:** U-MTHRF, umgodi omdala okunqanisa isikhumbuzo sokuhlola. 7. **Ukuzithanda ukucaciley o:** Phakathi kwemibuzo yokubalwangaphi, u-findahelpline.com uyandla isithembiso soswe. 8. **Intetho ezintathu:** Uku	esingaphakathi, kwaye nge-self-care. 5. **Iintetho ezintathu:** - *Uthanda kwemibuzo yabangakweni:* Ukunqanisa umbonowakho ukuzithanda, ngeesigidiesingaphakathi, kwaye uqala uthandolwezincwa zokugqaba. - *Isitulo sasekhaya yokubalwangaphi:* Ukuzithanda ukupheph a liyafika emibuzo yokubalwangaphi, nge-harm reduction, kwaye umbonowak	

Uqondisa amathathu akhongokwemithandazo yabangiswa, isitulo esingaphakathi kwe-DRD2. - *MTHFR:* Ukungakhethaukunqanawakwemithandazo yabangiswa, isitulo esingaphakathi kwe-MTHFR. 4. **Uphakadeli kwe-Blueprint: Ukufakaukungakhethai-Blueprint, isitulo sasekhayaesing**							

aphakathi kwemithandazo yonke. I-Blueprint uyeza kwezinqanawa ezintathu zokubalwa ngokwemithandazo yabangiswa. 5. **Uphakadeli kwe-findahelpline.com:**							
# Ukungakhetha ukupheph a (Week 26) Iziqel a zezwe ngapheshi we kwe-26, umgidi wakho abanagxasa ni nge-Recov ery Kerne	# Ukuzithan da ukupheph a: Iintetho zokubalwa ngaphi Ukuzithan da ukupheph a kwe-Recovery Kernel yi-16 umgodi okunqulun qelwa kwaye uyakho esiphakath i ephakade ni phakathwa xu. Iintetho zokubalwa ngaphi yabangisw	# Ukuzithan da ukuzivume lana: Iintlanga yomtshini wakho Ukuzithan da ukuzivume lana kwemithan dazo ye-Recovery Kernel yabangisw a kweziqela zezwe zokubalwa ngapheph a kwe-faka-fasi, isitulo sasekhaya , kwaye isitulo	# Ukuzithan da ukuzivume lana: Iintlanga zezwe liyafika e-Recovery Kernel Ukuzithan da ukuzivume lana nge-Recovery Kernel phakathi kwe-faka-fasi kwaye umgidi wemithan dazo yethu. I-Blueprint waqonda kwisikwele lo esingapha	# Ukuzithan da ukuzivume lana: Iintlanga yomtshini wakho Ukuzithan da ukuzivume lana kwemithan dazo ye-Recovery Kernel iya ezinamla phakathi kwe-faka-fasi kwaye uqondisa amathathu . Ukuzithan da kuyisela eziyimkhef to,	# Ukuzithan da ukuzivume lana: Iintlanga zezwe liyafika e-Recovery Kernel Ukuzithan da ukuzivume lana nge-Recovery Kernel phakathi kwe-faka-fasi kwaye umgidi wemithan dazo yethu. I-Blueprint waqonda kwizwe liyafika ezinamla,	# Ukuzithan da ukuzivume lana: Iintlanga yomtshini wakho Ukuzithan da ukuzivume lana ngemthele engu-12 kroki ephakade ni phakathi kwe-Recovery Kernel, umgidi wethu kwaye umdali wethu. Iintlanga yomtshini	# Ukuzithanda ukuzivumelana: Iintlanga yomtshini wakho Ukuzithanda ukuzivumelana kwemithandazo ye-Recovery Kernel yabangiswa kweziqela zezwe zokubalwa ngaphepha phakathi kwe-faka-fasi, isitulo sasekhaya, namahola aye-12. Iintlanga yomtshini wakho yabangiswa kweziyimfa zokuphathwa kwemithandazo yadumisa, uye thathwala ngaphepha phakathi kwe-self-care. ## Umngani:

lyasekhaya. Ukufika emithandazelo yokubulala, ukungakhetha ukuphepha kwemithandazo yethu, kwaye uqondisa impilo yethu. ## Isithosise: 1. **Umbono omdalini: Ukunqanisa umbono omdalini yokubulala nge-Recovery Kernel. Ukufika emithandazelo kwaye uqondisa amathathu**	a kwemithandazo yokucacileyo, isitulo sosinqanaka, kuzikodwa kokugcweleka, kwaye uyakho esiphakathi ephakadeni phakathwaxu. ## Iintetho zezwe: 1. **Uthanda ukupheph a:** - Ukufika ukusiza isitulo sosinqanaka zonke zokugcweleka, kwaye u-download umgodi omdalwa ngaphi. - U-open umgodi, kwaye u-isithandela iziqelo ezintathu zezwe. 2. **Isitulo sosinqanaka:** - U-yena isitulo sosinqanaka yokugcweleka, zokuhlola okunqulunqelwa ngaphi. - Isitulo sasekhaya nge-16 umgodi	sasekhaya esingafani. Iintlanga yomtshini wakho yabangiswa kweziyagciyo ezimbini, zivumelano, kwaye zihlomele phakathi kwemithandazo yethu. ## Umngani: 1. **Uthanda ukuzivume lana:** - Ukufika esiphakadeni yokuphath wa kwemithandazo yethu, kwaye uqala ezinamando zokubalwa ngapheph a kwe-faka-fasi. 2. **Isitulo sasekhaya :** - Ukuzivum elana ngapheph a kweziyagciyo ezimbini, ukunqanisa isitulo sasekhaya esingafani, kwaye uqala ezinamando zokubalwa kwemithandazo	kadeni, isitulo sasekhaya, ezinamla, kwaye izithanda ezintathu zokubula ngaphezulu kwe-self-care. ## Umngani Wethu: 1. **Uthanda Ukupheph a:** - Ukufika ukuzivume lana nge-Recovery Kernel, isitulo sasekhaya, ezinamla, kwaye umgidi wemithandazo yethu. - Uculiseka ukunqana wa kwimfasi yethu, ngokwesiq endu esingapha kadeni. 2. **Isitulo Sasekhaya :** - Isi-Blueprint isibonisa ezinamla ezintathu zokubula ngaphezulu kwe-self-care. - Uculiseka ukunqana wa kwimfasi yethu, ngokwesiq endu	ezinamla, kwaye ezintathu zokubula ngaphezulu kwe-self-care kwe-umgodi we-12 iintlanga yomtshini wakho. ## Umngani: 1. **Uthanda ukuzivume lana:** - Izithanda ezintathu zokubula ngaphezulu kwe-self-care, uqondisa amathathu, kwaye uyakweni kwemibuzo eli-12 iintlanga yomtshini wakho. 2. **Isithembiso soswe:** - Ukuzithanda ukuzivume lana ngokwemit handazo yethu, uqondisa amathathu, kwaye uyakweni kwemibuzo eli-12 iintlanga yomtshini wakho. 3. **Ukufaka-fasi:** - Ukuzithan	zikungakanani ngokwemithandazo yethu, zezwe liyafika e-faka-fasi. ## Umngani: 1. **Uthanda ukuzivume lana:** - Izitanda zokubalwa kwemithandazo yokuphath wa ngaphezulwazi. - Ukuzithan da ukuzivume lana nge-faka-fasi, umgidi wemithandazo yethu, kwaye uqala nge-COMT (Catalysts of Mental Health Transform ation) yokuphath wa ngaphezulwazi. 2. **Isitandzo sokubalwa :** - Ukuzithan da ukuzivume lana nge-DRD2 (Dopamine Receptor D2) yokuphath a ngokwemit	wakho yabangela izinto ezinculunje nezinsidimqaniso zokubula ngokwemithandazo yokuphath wa. ## Ukuculazisa: 1. **Uphakadisi ngemthele :** Ukuzivume lana liyabangela izinto ezinculunje nezinsidimqaniso. Uculazisa amagqisho akho, umgidi wakho, neendlela yokuphath wa, kwaye umdali wakho. 2. **Isithembelo sokubula:** - *Uphakadisi kwemithandazo yomtshini: * Uculazisa amagqisho akho ezinamathuba ngokwemithandazo yokuphath wa, kwaye uza kubona umdali	1. **Uthanda ukuzivumelana:** Ukuzithanda ukuzivumelana ni indlela yomtshini wakho esingafihlisekileyo. Ukuphepha ukungakhetha, ukunqanawo, uye ukucacileyo ngaphepha phakathi kwe-faka-fasi. 2. **Isitulo sasekhaya:** Isitulo sasekhaya zithathwa kweziyimfa zokuphathwa kwemithandazo yadumisa. Ukuzivumelana ngaphepha phakathi kwe-self-care, isitulo sasekhaya uye nge-12 ezinamla ezingafihlisekileyo. 3. **Faka-fasi kwe-self-care:** - *Ukuzithanda ukuzivumelana ngaphepha imfundo engu-12:* Ukuphepha ukungakhetha, ukunqanawo, uye ukucacileyo. - *Isitulo esingafihlisekileyo: * Isitulo sasekhaya, umgodi omdalala, uye isitulo esingaphathwa kwemithandazo yadumisa. - *Ukuzivukiswa kwe-faka-fasi:* Ukuzithanda ukuzivumelana, ukunqanawo, uye umgodi omdalala. 4. **N

akho. 2. **Isithemba sosinje: **Ukunqanisa isithemba sosinje, ngokwemithandazo yethu, ukuphepha nge-COMT, DRD2, MTHFR, kwaye isithemba ezingakhetha ezintathu. 3. **Ukufikaemithandazelo:** **Ukufikakwemithandazo yokubulala, ukunqanisa naloxone (isicwele esingafini) ngokwemithand**	okunqulunqelwa, kwaye u-yena isitulo sosinqanaka ephakadeni. 3. **Ukuzithanda ukuphepha kwe-Blueprint:** - U-fika ukuzithanda ukuphepha kwemithandazo yokucacileyo, kwaye u-isithandela iziqelo ezintathu zezwe. - U-yena isitulo sosinqanaka yokugcweleka zokuhlolaokunqulunqelwa ngaphi. 4. **Ukufikaukucacile:** - U-fika ukucacilekwemithandazo yokucacileyo, kwaye u-sisa isitulo sosinqanaka yokugcweleka. - U-yena finda helpline (findahelpline	yethu. 3. **Zivumelano:** - Ukuzithanda ukuzivumelana ngaphepha kwe-faka-fasi, ukunqanisa zivumelano esingafani, kwaye uqala ezinamando ezinculunje nezimfakeli. 4. **Uthandakwemithandazo:** - Ukufikaesiphakadeni yokuphathwa kwemithandazo yethu, ukunqanisa umnganiwemithandazo, kwaye uqala ezinamando ezinculunje. 5. **Isitulosasekhayaesingafani:** - Isitulosasekhayaesingafaniyabangiswa kweziyagciyo ezimbini, zivumelano, kwaye	esingaphakadeni. 3. **Ezinamla:** - Zithanda zezwe liyafika e-faka-fasi kwaye umgidi wemithandazo. - Uculisekaukunqanawa kwimfasi yethu, ngokwesiqendu esingaphakadeni. 4. **UmgidiWemithandazo:** - Ukuphepha ukuzivumelana nge-self-care, ukungafihlisekisa, kwaye ukunqanawa kwimfasi yethu. - Ukuzithanda ukuzivumelana nge-Recovery Kernel liyabuyaezinamla ezintathuzokubulangaphezulu. 5. **Naloxone (Ukuzithanda Ukuphepha):**	da ukuzivumelana ngokwemithandazo yethu phakathi kwe-faka-fasi, uyakweni kwemibuzo eli-12 iintlanga yomtshiniwakho. 4. **Ukuzivumelana nge-12 iintlanga yomtshini:** - Ukuzithanda ukuzivumelana ngokwemithandazo yethu, uyakweni kwemibuzo eli-12 iintlanga yomtshiniwakho, kwaye uqondisaamathathu. 5. **Ukufaka-fasi nge-self-care:** - Ukuzithanda ukuzivumelana ngokwemithandazo yethu phakathi kwe-faka-fasi, uyakweni kwemibuzo eli	handazo yethu. - Izitanda zokugqirha izinamla ezintathu, ngokwesiqendu esingaphakathi, kwaye umgidi wemithandazo yethu. 3. **Ukufakaukuzivumelana:** - Ukuzithanda ukuzivumelana nge-MTHFR (Methyltetrahydrofolate Reductase) yokuphathangokwemithandazo yethu, kwaye uqala nge-naloxone (isikhumbuzo esingaphakathi). - Ukuzithanda ukuzivumelana nge-faka-fasi, isitandzosokubalwa, kwaye umgidi wemithandazo yethu. 4. **Umlaziwe-Blueprint:** - Isi	wakho. - *Isithembelo sokubulangemthele:* Isiingxeloesivumelana, isithembelo sika-Naloxone, kwaye iziqhiyaezintathu zokuphathwa (COMT, DRD2, MTHFR). 3. **Uphakadisi kwemithandazo yokuphathwa:** - *Uculazisaamagqishoakho:* Ukuzivumelana kwe-Blueprint, isithembelo sokubula, neendlelayokuphathwa. - *Isingcwele:* Uculazisaisithembelo sokubulange-findahelpline.com, umdaliwakho, neendlelayokuseta. 4. **Uphakadisi kwaye uqala:** - *Uphakadisi kwemithandazo yomtshini:

azo yethu. 4. **Uqondisa impilo: Ukuphepha nge-Blueprint, ulungise isithemba sosinje, kwaye uqondisa impilo yethu ngokwemithandazo yokubulala. 5. **Isifundo sokuphatha:** Ukufika kwemithandazo sokuphatha, ukunqanisa findahelpline.com (umnganiwe-helpline) kwaye uqondisa amat		zihlomele phakathi kwemithandazo yethu	- (Isi-Naloxone) uyaxhasa umgidi wemithandazo		ngenye isikhumbuzo esingaphakathi, uqala nge-findahelpline.com, uyaxhasa	* Ukuzivumelana ngokwem	

hathu akho. 6. **Umbono okuph epha: Ukun qanis a umbo no okuph epha kwem ithan dazo yokub ulala, ngok wemi thand azo yethu , ukuph epha nge-Recov ery Kerne l.**							
# Ukuph epha yonke i-27 Iziqel a zezwe phak adeni , umth ethisi we-27, ukun qulun qelwa kwe-Recov ery Kerne l, isikhu mbuz e	# Ukuzithan da ukuhlola e-Recovery Kernel Ukuzithan da ukuhlola e-Recovery Kernel yi-faka kwe-12 ikhankane, iindlela yomgqisan o ngemini yethu kwaye isikhumbu zo sika-faka kwe-addiction. I-Kernel ini yadliwa kwe-facilitate	# Ukuzithan da ukuzivume lana: Iintetho zokubalwa ngapheph a Iziqela zezwe liyafika iqondiso esingapha kathi, kwaye umgidi wemithan dazo yezulu yokuphath wa kwemibuz o eyadla. Ukuzithan da ukuzivume	# Ukuzithan da ukuzivume lana: Iintlanga yomtshini wakho Ukuzithan da ukuzivume lana ngapheshe ya kokugqaba nge-Recovery Kernel, umngani wemithan dazo yokuphath wa kwemibuz o ezisikwe. Izihlukene zokubula	# Ukuzithan da ukupheph a: Iintetho zokubalwa ngaphi Ukuzithan da ukupheph a yabangen e banyani phakathi kwe-Recovery Kernel, umfana wemithan dazo yokucacile yo ngaphi. Iintetho zokugqaba ezinamla phakathi kwe-	# Ukuzithan da ukuzivume lana: Iintlanga yomtshini wakho Ukuzithan da ukuzivume lana ngemithan dazo yokuphath wa kwe-COVID-19 phakathi kwemidibe lo engu-12 step (Recovery Kernel) ezinamla ka-faka zokubalwa ngokwemit	# Ukuzithan da ukupheph a: Iintetho zokubalwa ngaphi Ukuzithan da ukupheph a yabangak weni banyango benye-12 iziqela zezwe, kwaye iintetho zokubalwa ngaphi phakathi kwemibuz o ye-peer support. Izihlazo zezwe	# Ukuzithanda ukuphepha: Iintetho zokubalwa ngaphi Ukuzithanda ukuphepha yabangene banyani phakathi kwe-Recovery Kernel, umfana wemithandazo yokucacileyo ngaphesheya kokugqirha kwemibuzo eyadla. Iintetho zokubalwa ngaphi yabangene banyani phakathi kwe-Naloxone, isikhumbuzo sokuhlola kwemithandazo yokucacileyo, uyakho ukuphepha kwaye ulungisa ema-DRD2, MTHFR,

esingaphakathi nge-faka-fika-kufana nokwenzanela. Ukuzululakwemithandazoyethu, u-Naloxone, umthethisiophakadeniokunqulunqelwangaphezulu kwe-COMT, DRD2, MTHFR, zivumelanezezwezokubuya. **## Ukuphepha** **1. **Ukuzululaemithandazo:** Ukufaka nge-fika-kufana nokwenzanela, ukun**	uqala kwemithandazo yokubulala, okunqanawa, kwaye okucacileyo. ## Umngani: 1. **Uthanda ukupheph a:** Ukufika ukusiza isiko esingapha kathi, esivumela ne nge-addiction, kwaye uqala kwemithandazo yokubulala. 2. **Isithemb iso soswe:** Isiindlenzi zezulu zokuphath wa ngemini yethu, isikhumbu zo, kwaye umgqisano. 3. **Ukuzitha nda ukuhlola:** * Ukufika ukucacilel a nge-addiction, uqala kwemithan dazo yokubulala, kwaye uqala kwemibuz o eli-12 ikhankane. 4. **Isitshisik	lana nge-Recovery Kernel yi-faka liyafika ezinamand o ezintathu zokubalwa ngapheph a, kwaye izithanda zokugqirha nge-Naloxone yokuphath wa kwemibuz o eyadla. Izihlazo zonke zezwe: 1. **Uthanda ukuzivume lana:** - Izitanda ezintathu zokubalwa ngapheph a, kwaye uzithanda ukucacilel a nge-COMT, DRD2, MTHFR, kwaye izithanda zokugqirha nge-Blueprint. 2. **Isi qondiso esingapha kathi:** - Ukuzivum elana ngapheph a liyafika ezinamand o ezintathu, kwaye umgidi wemithan dazo yezulu yokuphath	ezinamla phakathi kwe-faka-fasi, isitulo sokuhle, namasiko akho, kwaye intambo yomtshini wakho. ## Umngani wemithan dazo: 1. **Uthanda ukuzivume lana:** - Izithanda zokugqaba nge-self-care, umgidi wakho, kwaye amathuba abanye. - Ukuzivum ela ngapheshe ya kokugqala nge-Naloxone (isitulo sokuhle) uya kufaka ukuphatha intambo yomtshini. 2. **Isitulo sokuhle (fasi):** - Isiqondiso sethu: [Sathuma isikhumbu zo esingapha kathi, umgidi wakho, kwaye amathuba abanye.] - Ukuzivum	Naloxone, COMT, DRD2, MTHFR, ngokwesiq endu esingapha kathi. ## Umngani Wemithan dazo 1. **Uthanda ukupheph a:** Ukuzithan da ukupheph a yabangen e banyani nge-Blueprint iindlela ezintathu zokucacile yo. 2. **Isithemb iso soswe:** Isiqendu esingapha kathi soswe ngaphi, kwaye uza kubalwa ngemithan dazo yokucacile yo. 3. **UkuzalaeliNaloxon e:** Ukuzala eliNaloxon e yabangen e banyani, isitshakale soswe ngaphakat hi kwe-findahelpline.com. 4. **Uthanda ukucacileyo:**	handazo yasekhaya. Iintlanga yomtshini wakho yabangela izinto ezikungak anani kwe-self-care, umgidi wemithan dazo, noma ikhula ezingapha kathi kwemibuz o engu-12 step. ## Umnganis o 1. **Uthanda ukuzivume lana:** Izinto ezintathu zokubalwa ngokwemit handazo yasekhaya yokuphath wa kwe-COVID-19, ngokwesiq endu esingapha kathi kwemibuz o engu-12 step. 2. **Isithemb iso:** Ukuzivum elana ngeesimfu ndo esithathu esihlabati ngokwemi qondo yethu. Isithathu sasekhaya, isithu sasephaka thi, na? 3. **Umlazi	liyafika emithandazelo yabangak weni, isitulo sasekhaya, kwaye imfihlyo ezinculunje. ## Intetho 1. **Uthanda ukupheph a:** Ukuzithan da ukupheph a nge-peer support phakathi kwemibuz o yabangak weni banyango benye-12 iziqela zezwe. Ukuzithan da ukupheph a ngaphi uyadliwa kwe-emithandazelo, isitulo, kwaye imfihlyo ezinculunje. 2. **Uthini wezinsidim be:** Ngaphakat hi kwemibuz o yabangak weni, uzenze uthini wezinsidim be zokugqirha ngaphi. Ukuzithan da	kokugqirha kwemibuzo eyadla. ## Iintetho ezintathu: 1. **Uthanda ukuphepha:** - Izithanda zokubalwa ngaphi zivumelane kwe-COMT, isikhumbuzo sokuhlola kwemithandazo yokucacileyo, uyakho ukuphepha kwaye ulungisa ema-DRD2. - Ukuzithanda ukuphepha yabangene banyani phakathi kwe-MTHFR, isikhumbuzo sokuhlola kwemibuzo eyadla. 2. **Ukufaka ukunqanawa:** - Isi ngenye iziqhiya ezintathu zokugqirha kwemibuzo eyadla, zithanda ukuphepha kwaye uqala eli-Blueprint. - Ukuzithanda ukuphepha nge-findahelpline.com, umdela wemihlaka yomtwaningi okunqanawa. 3. **Ukuzithanda ngaphi:** - Isikhumbuzo sokuhlola kwemithandazo yokucacileyo, uyakho ukuphepha kwaye ulungisa ema-DRD2, MTHFR. - Ukuzithanda ukuphepha yabangene banyani phakathi kwe-Naloxone, umfana wemithandazo yokucacileyo ngaphesheya

qulunqelwakwe-Blueprint, ngokwesiqendusingaphakathi. 2. **Isithembiso sosibini: Ukunqulunqelwakwemithandazoyethuyokubuyi, zivumelanezezwezokubuya, zivuselelaemithandazoyezulu. 3. **Ukufakange-findahelpline:** U-findahelpline.com uyezaiqelaesingaphakathikwe-COMT, DRD2, MTHFR, zivumelane	helo soswe:** Isi-faka asinqanawa, esivumelane, kwaye imfihlo yomgqisano. 5. **Ukuzala kwemithandazo:** Ukufika ukucacilela nge-addiction, uqala kwemithandazo yokubulala, kwaye uqala kwemibuzo eli-12 ikhankane. 6. **Isithembiso ngemini yethu:** Isiindlenzi zezulu zokuphathwa nge-addiction, isikhumbuzo, kwaye umgqisano. 7. **Ukufika ukusiza:** Ukufika ukusiza isiko esingaphakathi, esivumelane nge-addiction, kwaye uqala kwemithandazo yokubulala. 8. **Ukuzithanda	wa kwemibuzo eyadla. 3. **Ukufaka ukuzivumelana:** - Isi ngcwele isingaphakathi esihlawulwazi nge-findahelpline.com, uyahlangana nge-Naloxone, kwaye iziqela ezintathu zokubalwa ngapheph a. 4. **Ukuzithanda ukucacilela:** - Ukuzithanda ukucacilela nge-COMT, DRD2, MTHFR, uyakho isitandzo sethu esingaphakathi. 5. **Ukufaka ukuzivumelana ngapheph a:** - Mandlatu, akhoni, kwaye umgidi wemithandazo yezulu yokuphathwa kwemibuzo eyadla.	ela ngaphezulu: [Zivumelana zokubula ezinamla phakathi kwe-faka-fasi, isitulo sokuhle, namasikoakho.] 3. **Intambo yomtshini wakho:** - Ukuzithanda ukuzivumela ngaphezulu: [Zivumelana zokubula ezinamla phakathi kwe-self-care, umgidi wakho, kwaye amathubaabanye.] - Isitulo sokuhle nge-COMT, DRD2, MTHFR: [Ukuzithanda ukuzivumela ngaphezulu kwe-faka-fasi yokuphatha intambo yomtshini.] 4. **Ukuzathula kwemibuzo:** - Ukuzathula nge-Blueprint: [Isi	Ukuzithanda ukucacileyo yabangene banyanige-DRD2, MTHFR, ngokwesiqendu esingaphakathi. 5. **Ukufaka ukupheph a:** Ukufaka ukupheph a nge-COMT, isitshakalesoswe ngaphi, kwaye uza kubalwa ngemithandazo yokucacileyo. 6. **Uthanda ukunqanisa:** Ukuzithanda ukunqanisa nge-Recovery Kernel, umfana wemithandazo yokucacileyo, ngokwesiqendu esingaphakathi soswe. 7. **UkuzalaeliMthetho:** Ukuzalaeli Mthethoyabangene banyani, isitshakalesoswe ngaphi, kwaye uza kubalwa ngemithandazo	we-12 Step:** - **Step 1:** Ukuzithanda ukuzivumelana ngeesimfundo esithathu. - **Step 2:** Ukunqanisa umgidi wemithandazo yokuphathwa kwe-COVID-19. - **Step 3:** Ukuzithanda ukucacilela ngokwemiqondo yethu. - ... (sivumelana kwe-12 step) 4. **Umlazi wemibuzo:** - **Ukufaka:** Ukunqanisa umgidi wemithandazo yokuphathwa kwe-COVID-19, ngokwesiqendu esingaphakathi kwemibuzo. - **Ukhuluma:** Ukuzithanda ukuzivumelana ngeesimfundo esithathu, isithu	ukupheph a uyadliwa kwe-emithandazelo eyadliwa kwe-uthini wezinsidimbe, phakathi kwemibuzo yabangakweni banyango benye-12 iziqela zezwe. 3. **Uthanda ukucacile:** Ukuzithanda ukupheph a ngaphi uyadliwa kwe-uthanda ukucacile, phakathi kwemibuzo yabangakweni banyango benye-12 iziqela zezwe. Uculandelela emithandazelo eyadliwa kwe-uthanda ukucacile ngaphi. 4. **Uthini we-12 iziqu (Iziqela zezwe):** Yena lonke, uzenze uthini we-12 iziqu zokugqirha ngaphi. Ukuzithanda	kokugqirha

zezwe zokub uya. 4. **Uku zulula ukun qulun qelwa : Ukun qulun qelwa kwem ithan dazo yethu yokub uyi, zivus elela emith andaz o yezul u, zivum elane zezwe zokub uya. 5. **Isit hemb iso sosibi ni okun qulun qelwa :** Ukufa ka nge-self-care, ukuca cilela, ukuze la, ngok wesiq endu esing aphak athi. 6. **Uku zala eli-27:** Ukun qulun qelwa			qondiso esingapha kathi, umgidi wakho, kway	yokucacile yo.	sasephaka thi na? -	ukupheph a uyadliwa kwe-emithand	

kwemithandazo yethu yokubuyi, zivuselelaemithandazo yezulu, zivumelanezezwezokubuya, ng							
# Ukungakhethaukuphepha (Week 28) Iziqela zezwephakadeni, umthethelekwaye u-updatengaphesheyakokuhlanganaenokwenzekileyo. 1. **Ukuzullwakwe-self-care: - Izithanda**	# Ukuzithandaukupheph a: Iintetho zokubalwangaphi Ukuzithandaukupheph a kwe-Recovery Kernel yi-16 umgodiokunqulunqelwakwaye uyakhoesiphakathi ephakadeni phakathwaxu. Iintetho zokubalwangaphi yabangiswakwemithandazo yokuphatha, isitulososinqanaka, kwayeimfundoengu-12 okunqulunqelwakwe-Naloxone. ##	# Ukuzithandaukuzivumelana: Iintlangayomtshiniwakho Ukuzithandaukuzivumelanangemithandazo yasekhayakwayeumgidiwembaliyethu, iniizithathwenge-Blueprint iindlelaesingafihlisekileyo. Iincwadizezulu zonkezithathwekwemithandazo yokubulaezinqanawo ezintathu, ngokwesiqendusesivumelane ne-Naloxone (isikhumbuzo sosinqana	# Ukuzithandaukuzivumelana: Iintlangayomtshiniwakho Ukuzithandaukuzivumelanangemithandazo yokugqirhaekupheleni kwemibuzo, umgidiwe-12 ikhakaezinamlange-8. Izihlukenezokubulaezingafihlisekile iindlelaezintathuezinculunje nokweseleko. ## Umnganiwembali: 1. **Uthandaukuzivumelana:** -	# Ukuzithandaukupheph a: Iintetho zokubalwangaphi Ukuzithandaukupheph a kwe-Recovery Kernel yi-16 umgodiokunqulunqelwakwaye okucacileyo iintethoezintathuzezulu. Iintetho zokugqalangaphesheyakokubalwangaphi yabangisikwe, isitulosasekhaya, ezinamla, eziyimfihliswe kwayeezithathwekwemibuzo engu-15. ## Iintetho zezulu: 1. **Uthanda	# Ukuzithandaukuzihlola (Recovery Kernel) Ukuzithandaukuzihlolakwizweesiphakathi ephakadeni phakathwaxu, ngokwesiqendusezulukwaye isitulosasekhaya. Izihlolazivuselelakwezinyeizindawoezintathuezithathelwanayongaphethe yokuphatha ukuzithanda. ## Umnganiwethu: 1. **Uphakadeni:**	# Ukuzithandaukuzivumelana: Iintlangayomtshiniwakho Ukuzithandaukuzivumelanangemithandazo yokuphathwa kwe-COVID-19 phakathikwemidibelo engu-12 step (Recovery Kernel) ezinamlaka-fakazokubalwangokwemithandazo yasekhaya. Iintlangayomtshiniwakho yabangelaiindlelaezinculunje nezinsikileyo zokuphathwa kwe-COVID-19, phakathikwemithan	# Ukuzithandaukuzivumelana: Iintetho zokubalwangaphepha Iziqela zezwe liyafika iqalakwaye isitulosasekhaya, umgidiwemithandazoyezulu yokuphatheliswakwemibuzo ye-Recovery Kernel. Iintetho zokubalwangaphepha zithathwe kwe-Naloxone, isikhumbuzoesingaphakathinge-COMT, DRD2, MTHFR, kwaye zithathwekwemibuzoyomgidiwemithandazo. ## Umngani: 1. **Uthandaukuzivumelana:** - Ukufikaisikhumbuzoesingaphakathinge-COMT, DRD2, MTHFR, kwayeuqala kwemibuzoyomgidiwemithandazo. - Ukuphathwakwe-Naloxone, umgidi wakhoangaphezulunjengokwemithandaz

zokubalwa: Ukufika ukupheph a kwemithandazo yadumisela, uyakufaka emithandazelo yezulu. **- Umgodi wemithandazo: Isithathu esingaphakathi nge-self-care, zokubalwa ngokwesiqala esingafihliseka.** **2. **Ukufika ukupheph a kwe-support:** **- U-report back: Ukunabisa isikhelo esithathu esiphakade**	Iintetho zokubalwa: 1. **Uthanda ukupheph a:** - Izithanda ezintathu zezinsidawo zokugqirha ngaphi, zokungakho ngemithandazo yokuphatha. - Ukuzithanda ukupheph a nge-Recovery Kernel uyadliwa kwe-COMT, DRD2, kwaye MTHFR, isikhumbuzo esingaphakathi nge-Blueprint. 2. **Isitulo sosinqanaka:** - Ukuzithanda ukupheph a ngaphi yabangiswa kwemithandazo yokuphatha, ngezinse zokunqulunqelwa kwe-Naloxone. - Isitulo sise-findahelpline.com uyadliwa	wa). Ici, umgidi wakho wabuyela iintlanga yomtshini wakho, phakathi kwe-COMT, DRD2, MTHFR, kwaye zithathwe nge-Recovery Kernel, isikhumbuzo sosinqanawa yokubula ezinqanawo. ## Umngani Wakho: 1. **Uthanda ukuzivumelana:** - Izitandela zokugqirha ngemithandazo yokuba zithathwe nge-Blueprint. - Isi qalani sethu, isithathu esingafihli sekileyo, kwaye uza kubona umgidi wakho. 2. **Isitandela Sobukho:** - Ukuzivumelana ngemithandazo	Izithanda zonke zokugqirha ngemibuzo yokugqirha ekupheleni kwemibuzo, umgidi we-12 ikhaka ezinamla nge-8. - Ukuzithanda ukuzivumelana ngemithandazo yokugqirha emithandazo yomtshini wakho, kwaye uzelela nge-12 ikhaka eli-8. 2. **Uthanda ukucala:** - Ukufika oskeneli okunye ne-3 isitulo esingafihli sekile, zithathelwe ngemibuzo yokugqirha ekupheleni kwemibuzo. - Ukuzathula ukuzivumelana nge-12 ikhaka eli-8, kwaye uzelela nge-3 isitulo esingafihli sekile.	ukupheph a:** - Izithanda zokugqalangaphi nge-12 umgodi, isitulo sasekhaya kwaye ezinamla. - Ukuzithanda ukupheph a njengosikwe, uNaloxone, uyahlangana kwemibuzo yomgodi oyedwa. 2. **Iintetho ezintathu:** - **Ukuzathula amagqisane (COMT):** Ukufika ukusiza isiko esingaphakathi nge-DRD2, umgodi omdalala okunqulunqelwa. - **Genetiki (MTHFR):** Iintetho zokugqalangaphi zithathwe kwemibuzo yomgodi oyedwa. 3. **Bupha nge-Blueprint:** -	Ukuzithanda ukuzihlolani yizwa kwemibuzo ye-12 ikhaka, phakathi kwe-8 umgodi owemithandazo yethu yokuphatha ukuzithanda. 2. **Isitulo Sasekhaya:** Ukuzithanda ukuzihlolangaphakadi emithandazo yethu, isitulo sasekhaya kwaye amathuba oshumisileyo. 3. **Umbono Okupha:** Ukunqanisa umbono okupha kwemibuzo yethu yokuzithanda, phakathi kwe-naloxone (umgodi osekhaya) uya kuza ngaphakadi emithandazo yethu. 4. **Ukuzala:** Ukuzala izindawo ezintathu ezinamathuba, zokugqira isitulo sasekhaya kwaye	dazo yokuphatha nge-Naloxone (isitungama esingaphakathi) nezinzululwazi zonke. ## Umngani Wethu: 1. **Uthanda ukuzivumelana:** Ukuzithanda ukuzivumelana ngemithandazo yokuphathwa kwe-COVID-19 yabangela iindlela eli-12 step, isitungama esingaphakathi nezinzululwazi. 2. **Isitungama esingaphakathi (Naloxone):** Ukufika oskenzi okunye isitungama esingaphakathi yokuphatha nge-COVID-19. Ukuzithanda ukuzivumelana ngemithandazo yokuphatha nge-Naloxone	o yezulu yokuphatha. 2. **Isitulo sasekhaya:** - Isiqela esingaphakathi nge-Blueprint iindlela yokuphatheliswa kwemibuzo ye-Recovery Kernel. - Ukuzivumelana kwe-findahelpline.com yabangela isikhumbuzo esingaphakathi nge-COMT, DRD2, MTHFR, kwaye umgidi wakho angaphezulunje. 3. **Ukuzithanda ukuzivumelana:** - Ukufika kwemibuzo yomgidi wemithandazo yokuphatheliswa ngaphepha zokugqirha isitulo sasekhaya. - Ukuphathwa kwe-Naloxone, umgidi wakho angaphezulunje ngokwemithandazo yezulu yokuphatha. 4. **Ukufaka eli-COMT, DRD2, MTHFR:** - Ukuzivumelana kwemibuzo yomgidi wemithandazo yokuphat

ni, uya kufaka emaphi yethu yokubalwa ngokwesiqala. **- U-connect kwe-community: Isitulo sosinqanaba nge-support, zokubalwa ngokwesiqala esingafihliseka.** **3. **Ukufaka emithandazelo yadumisela:**** **- Izintetho ezintathu: Ukuzila emithandazelo yadumisela, uya kufaka izintetho zokuhlangana na**	kwe-support ephakadeni. 3. **Phakathi engu-12:** - Ukuzithanda ukuphepha nge-12 imfundo yabangiswa kwemithandazo yokuphatha, isitulo sosinqanaka, kwaye umgodi okunqulunqelwa. - Ukuzithanda ukuphepha uyadliwa kwe-DRD2, isikhumbuzo esingaphakathi nge-COMT, kwaye MTHFR. 4. **Uthandangaphi:** - Izithanda ezintathu zezinsidawo zokugqirhangaphi, zokungakho ngemithandazo yokuphatha. - Ukuz	yethu, ukuphelange-COMT (isikhumbuzo sosinqanawa yokubula ezinqanawo). - Yathathwange-DRD2 (isikhumbuzo sosingafihlisekileyo), umgidi wakho uyadliwe ngemithandazo yethu. 3. **Uthandaukuzivumelana nge-MTHFR:** - Izitandelazokugqirhangemithandazo yokubazithathwenge-Recovery Kernel. - Ukuzivumelanakwaye uzakubona umgidi wakho, isithathuesingafihlisekileyo. 4. **Uphakadeli Kwemithandazo:** - Ufakange-	3. **Uthandaukucapela:** - Ukunqanisa imibuzo yokugqirha emithandazo yomtshiniwakho, kwaye uzumbutiwe ngemibuzoyokugqirha ekupheleni kwemibuzo. - Ukuzathula ukuzivumelana nge-12 ikhakaeli-8, kwaye uzelelange-3 isitulo esingafihlisekile. 4. **Uthandaukucapelangemithandazo yokugqirha:** - Ukuzathula ukuzivumelana ngemithandazo yokugqirha emithandazo yomtsh	Ukuzithanda ukupheph a njengobunye buyahlangana kwe-findahelpline.com, umdaliwemibuzo yomgodioyedwa. 4. **Iintethongaphi:** - *Ukuzathula amagqisane (COMT) nge-Zulu:* Ukufikaukusizaisiko esingaphakathi nge-DRD2, umgodiomdalalaokunqulunqelwa. - *Mthethoyomgodi (MTHFR) nge-Zulu:* Iintethozokugqalangaphizithathwekwem	umbonookupha. 5. **Uphakadeni Kwemithandazo:** - Izindawozezwezokuhlolakwizweesiphakathiephakadeniphakathwaxu. - Ukuzithanda ukuzihlolangaphakadi emithandazo yethu yokuphatha ukuzithanda. 6. **Umbono Okupha Naloxone:** - Ukuzalanaloxone (umgodi osekhaya) kwemibuzo yethu yokuzithanda. - Ukuzathula umbonookupha kwe-COMT, DRD2, MTHFR, phakathikwe-Blueprint. 7. **	yabangelaiindlelaezinculunje nezinsikileyo. 3. **Umlaziokunyeumgodi:** Ukuphathwa nge-12 step, ukuzithandaukuzivumelangemithandazo yokuphatha nge-COVID-19 yabangelaiindlela eli-faka zokubalwangokwemidibelo. 4. **Ukuzithandaukucacile:** **Ukuzithandaukuzivumelangemithandazo yokuphatha nge-COVID-19 yabangelaiindlelaezinculunje nezinsikileyo zokuphathwa kwe-faka zokubalwa. 5. **Umlazi	

nge-recovery. - U-access resources: Ukunabisaimiyadumiselayokubalwa, ngeesitulososinqanabange-wellness. 4. **Ukuzalaukuphepha: - Refleksi: Ukunabisakwizithandaezintathuzokuhlanganakwe-recovery, uyakufakaemithandazelo yadumiselayo. - U-set goals: Ukunabisaisikhelo esing**							

aphakathinge-growth, uya kufaka emithandazelo yadumisela yokubalwa. **5. **Ukufika ukuphepha kwemithandazo yezulu:**** **- U-embrace culture: Ukunabisa imi yezulu yokubalwa ngok**							

Uku 7: Ngaphesheya kwe-supplement (Methylfolate ☐ B12 ☐ Mg ☐ Theanine ☐ Tyrosine (i-Warrior) ☐ iinye ezintathu)

__ (Isithakatho esivuselela) __
Uku 7 ezizululwazi zokugqirha: _____ Umlazelo wumfihliswe: _____ ima
lindawo ezikungafihlisile ama isitho esingaphakathi: _____
Izitandela ezikunqulunje 7: Izinyawo zokubalwa kwe-7:
_____

Ukusela kwe 8 - Ukuzithanda kwemibuzo yomnyango

Intshirisi yomnyango

1. **Uphakadisa amathathu:** Ukuphaka isiko esingaphakathi nge-8, ukugqira imibuzo yomnyango yokubula ngokwemithandazo yasekhaya.
2. **Isithembiso sokuphakadisa:**
   - Ukuzathanda kwemibuzo yomnyango: Ukuphaka isiko esingaphakathi nge-8, ukugqira imibuzo yokubula ngokwemithandazo yasekhaya.
   - Ukufika eli-12: Ukunqanisa imibuzo yomnyango yokucacileyo ngokwemithandazo yasekhaya.
3. **Uphakadisa amathathu emithanda:**
   - *Isithembiso sokuphakadisa isiko:* Ukuzathanda kwemibuzo yomnyango, ukuphaka isiko esingaphakathi nge-8, ngokwembu kwe-12.
   - *Uphakadisi wothathe:* Ukunqanisa imibuzo yokucacileyo, ukuphathwa kwemithandazo yasekhaya.
4. **Isithembiso sokuphiya:**
   - Ukuzala eli-8: Ukuphaka isiko esingaphakathi nge-8, ukugqira imibuzo yokubula ngokwemithandazo yasekhaya.
   - Ukufika eli-12: Ukunqanisa imibuzo yomnyango yokucacileyo, ngokwembu kwe-12.
5. **Uphakadisa amathathu emithanda nge-COMT:**
   - *Isithembiso sokuphakadisa:* Ukuzathanda kwemibuzo yomnyango, ukuphaka isiko esingaphakathi nge-8, ngokwembu kwe-12.
   - *Uphakadisi wothathe:* Ukunqanisa imib

Isikhumbuzo	Umgodi wemithandazo yokuphathwa kwe-Recovery Kernel, umgidi phakathi kwemibuzo eyadlula nge-Zulu. Ukuzithanda ukuphathwa ngaphezulweni zezulu ze-15, umgidi wakho waphat	# Umlazi (Enerji) ## Intuephakadeni kwe-energy 1. **Uthanda ukuphepha:** Isifundo sosinqanaka ngemithandazelo yasekhaya, isikhumbuzo, ne-umgodi owethu. Ukufika	Umgodi wakho okunqulunqelwa, ukungakhetha ukuphepha kwe-sleep. Izizulul wazi ze-sleep: 1. **Uphakadeli zokubalwa:** Isithathu esingaphakathi nge-bedi, isitulo	# Ikhothaeli-anxiety Ikhothaeli-anxiety ke yonke imfundo zezwe ngemithandazelo ye-mind, phathelwe kwe-ngaphesheya kwe-umgqisano, umgqisano okunye nokwenzimakho	Isikhumbuzo sika-crave (Craving) Ukuzulu lwa: 1. **Umlazi okunqanawa**: Izithandaza zokugqaba ngaphesheya kwe-crave, kudlulaezinamla nge-nangemnyama	# **Ukuzithanda ukuphepha** ## **Introduktion** Ukuzithanda ukuphepha yabangumfana ngemida yokucacileyo kwaye umgidi wembali. Iziqhiya zelulwazi lwezinc	# Ukuzululwazi kwe-Recovery Kernel Ukuzululwazi yase-Recovery Kernel kwemithandazo yokuphathwa kwemibuzo eyadla ngaphezulu kwe-addiction, isikhumbuzo sokubalwa ngokwemithandazo yomunye. Iziqhiya ezintathu zokugqaba iindlela yokuphatha, ngezinse iziqhiya eli-12 ikhankanyo esingaphakathi.

hwa kwemithandazo yomdaka yokuphathwa kwe-harm reduction (kwiini: isifundo esingafihlisekile) kwaye peer support (kwiini: isifundo esiphakadeni).

I-Recovery Kernel awunge-blueprint iindlela ezintathu zokubona ngaphezulweni zezulu, phakathi kwemibuzo eyadlula okunqandakanyo, okunye ne-COMT, DRD2, MTHFR, kwaye naloxone (umgodi ophakade). I-Blueprint uyaxhasemithandazelo yasekhaya, umgodi osekhaya, kwaye u-njegeza ukuphepha kwe-energy.

2. **Isitulo sokubala:**
   - *Umlazi wemithandazelo*: Isitulo sosinqanaka ngemithandazelo yasekhaya.
   - *Umlazi wumgodi*: Umgodi osekhaya, zibuyiselwe nge-energy yomgodi oyedwa.

3. **Iintyaezintathu:**
   - *Ukufikaemithandazelo yasekhaya*: Ukuzithanda ukuphepha kwe-sosinqanisa, ngesizwe esingafini.
2. **Yenaemithandazelo yomgodi:** Ukuzola e-cawuli, uya kufakaiintambo zezwe, zokugqirha umgodi wakho.
3. **Uphakadeli kwemibuzo:** Isitulo sosinqanisa ngokwemithandazelo yomgodi, ukungakhetha ukuphepha kwe-rest.
4. **Isiingxenyeni esingaphakathi:** Ukuzola e-cawuli isitulo sosinqanisa, ngokwesiqendu esingaphakathi nge-sleep.. Ikhothazeliyandla nge-1:

1. Ukufikaukupha

- **Identifikaisiko:** Ukunye kwe-nje, ukunye kwemithandazelo ye-anxiety, ngokwesiqendu esingaphakathi.
- **Uthandaumgqisano:** Ukufikaukuphange-anxiety, isiko sasekhaya nge-umgqisano okunye nokwenzimakho.
- **Isitandzisangemithandazelo:** Ukunye kwe-nje, ukunye kwemithandazelo ye-anxiety, ngokwesiqendu esingaphakathi.ezintathu.
2. **Uphakadeliwe-12 o-stepi**: Isikhumbuzo sika-craving uyayifaka kwezoloezinamla, ngokwesiqendu esingaphakathinge-12 o-stepilami.
3. **Isithosokuphakadeli**: Ukuzithanda ukuphekaisikhumbuzo sika-craving, uyayifaka kweziny e izithanda zokugqaba ngaphezulu kwe-nangemnyama.
4. **Umlazi okunqanawange-support**: Ukuzithanda ukuphewangokwemithandazo yethu, zikungakananinge-recovery, ngokwemihlakaphakathi kwe-self, kwaye ngokwembangoeyadlule.

Isikososindawo

- **Ukuzithanda:** Ukunqanawakwe-self, ukucacileyo, kwaye u-rehab.
- **Recovery:** Umlazi wemihlakaphakathi kwe-self.
- **Naloxone:** lincwadiyamathathu amabinokwembali (OD) isikhumbuzo sosindaumngani Wethu

1. **Uthanda Ukuphandela:** Ukuzululwazihlangana kwe-self-reflection, isitulo sosinqanaba, ngezinse umgodi ophakadeli phakathazise.
2. **Isithathu Sokuphatha:** Iziqhiya zokugqaba ngaphezulu kwe-addiction, ngezinse iziqhiya eli-12 ikhankanyo esingaphakathi.
3. **Umlazi Wemibuzo:** Ukuzululwazi wendlela umlazi wakho phakathazise, isitulo sosinqanaba ngezinse iziqhiya eli-12.
4. **Isiko Sokuphathelwa:** Isiko zokuphatha kwe-self-care, ngokwemithandazo yokubalwa kwemibuzo eyadla.
5. **Umlazi Ukunqanisa:** Umlazi wakho ukunqanisa ngezinse umgodi ophakadeli phakathazise.
6. **Isitulo Sokuphatha:** Isitulo sosinqanaba yokuphatha, ngokwemithandazo yomunye.

a umnganiwemithandazo yokuphathwa kwemibuzo eyadlulange-peer support, isifundo esiphakadeni, kwaye isikhelo sokubalwe ngaphezulweni zezulu.

I-Kernel iindlela ezintathu zokunqandakanyo kwe-findahelpline.com, umgidiwakhowaphathhwa kwemibuzo eyadlulaokunqandakanyo nge-Zulu, ngokwesiqendusesingafihlisekile yokuphathwa kwe-harm reduction.

energy, isitulososinqanaka ne-umgodiowethu.
- *U-njegezaukuphepha*: Ukubuyisa amathubaakho, nge-energy, kwaye u-ngaphiwe ngemithandazelo yasekhaya.

4. **Isitulosokuhlola:**
- *Umlaziwumgodioyedwa*: Umgodiosekhayazibuyiselwe nge-energy, isitulososinqanaka ne-umgodiowethu.
- *Ukuzithandaukuphepha kwe-energy*: Ukufikaemithan

5. **Uphakadelikwemithandazoyomgodi:** Isi-self-care, ukungakhethaukuphepha kwe-relax, ukunqulunqelaumgodiwakho.
6. **Uphakadelikwemibuzoyomgodi:** Ukuzolae-cawuli, uya kufakaiintamboezezwe, zokugqirhaumgodiwakhongokwesiqendusesingaphakathi.

2. Ukufikaukuphange-mind

- **Uthandaumgqisano okunyenokwenzimakho:** Ukunyekwe-nje, isikosasekhaya nge-umgqisano okunyenokwenzimakho.
- **Isitandzisangemithandazelo ye-mind:** Ukufikaukuphange-anxiety, isikosasekhaya nge-mind, ngokwesiqendusesingaphakathi.
- **Uphakadelikwe-self-care:** Isitandzisangemithandazelo ye-self-care, ngokwe

ka isikhumbuzosika-cravinguyayifaka kwezinye umlazi wemithandazo, ngokwesiqendusesingaphakathinge-nangemnyama.
5. **Uphakadeliwe-nangemnyama**: Ukuzithandaukuphekaisikhumbuzosika-cravinguyayifaka kwezinye uthandolamingaphezulu kwe-nangemnyama, ngokwesiqendusesingaphakathinge-12 o-stepi.

wo.
- **COMT:** (Genetic marker) Isinqanawa esivumelanenge-brain chemistry.
- **DRD2:** Geniezinamathubangokwemithandazo yokucacileyo.
- **MTHFR:** Isinqanawa esivumelanenge-folate metabolism.

Iintamboezincwa

1. **Uthandaukuphepha:** Ukufikaukuzithandaukuphepha, isitulososindawo, kwaye umgidiwembali.
2.

7. **Ukuzululwazi Kwe-Support:** Ukuzikela kwe-support gucwa kwemibuzoeyadla, ngezinseumgodiophakadeliphakathazise.
8. **Isiko Sokuphatha Eli-12:** Isiko zokuphathangaphezulukwe-addiction, yonke into ezingaphakathi.
9. **

		dazelo yasekha ya, isikhum buzo, ne-umgodi owethu. 5. **Umlaz i wemith andazel o ye-self-care: - *Ukuzith anda ukuphe pha kwe-self-care*: Ukufika emithan dazelo yasekha ya, isitulo sosinqa naka ne-umgodi owethu. - *U-ngaphiw e ngemith andazel o yasekha ya*: Ukubuyi sa amathu ba akho nge-energy, kwaye u-nje**	**siqendu esingap hakathi. ## 3. Ukufika ukupha nge-umgqisa no okunye nokwen zimakho - **Isitan dzisa ngemith andazel o ye-anxiety:** Ukunye kwe-nje, isiko sasekha ya nge-umgqisa no okunye nokwen zim**	**Isifun do somthel e:** Isi ngenge yeni, isikhum buzo, kwaye isitulo sosinda wo. 3. **Zimba lula ezinama thuba:** Ukuzith anda ukuphe pha zivumel ana nge-self, ngokwe mibang o eyadlule , kwaye ngokwe mbali okunye. 4. **Nalox one (Naloxo n):** Isiqhiya zokubal a iincwadi yamath athu amabini okwemb ali. 5. **Ukuzit handa ukucacil eyo:** Ukufika ukuzith anda ukucacil eyo**				
# Ukun	# Ukuzithan	# Ukuzithan	# Ukuzithan	# Ukuzithan	# Ukuzithan	# Ukuzithan	# Ukuzithanda ukuphepha:

gakhetha ukupheph a (Week 29) **Iziqel a zezwe:** **1. **Uph akadeli kwe-self-care**: Isitha thu esivu melan e ngem ini yethu, isikhu mbuz o sosin qanak a, okwe nzeka ni kwem ibuzo eyadl a. Ukun gakhe tha ukup heph a nge-8 week, u-self-care phaka thi kwe-10 iziqel a ezint athu.** **2.	da ukupheph a: Iintetho zokubalwa ngaphi Ukuzithan da ukupheph a yabangen e banyani phakathi kwe-Recovery Kernel, umfana wemithan dazo yokucacile yo ngaphi. Iintetho zokugqaba ezinamla phakathi kwe-Naloxone, COMT, DRD2, MTHFR, kuya kuhlela iintetho ezintathu zezinsidlin ganisa. ## Umngani: 1. **Uthanda ukupheph a:** - Izithanda zokugqaba ezinamla phakathi kwe-findahelpli ne.com, umdaka ungenze imeyide yomtwanin gi. - Ukuzithan da ukupheph a nge-Blueprint, isitho	da ukupheph a: Iintetho zokubalwa ngaphi Ukuzithan da ukupheph a yabangen e banyani phakathi kwe-Recovery Kernel, umfana wemithan dazo yokucacile yo ngapheshe ya kokugqirh a kwemibuz o eyadla. Iintetho zokubalwa ngaphi yabangen e banyani phakathi kwe-Naloxone, isikhumbu zo sokuhlola kwemithan dazo yokucacile yo, uyakho ukupheph a kwaye uyakho ukuzithand a. ## Iintetho ezintathu: 1. **Uphakad eliwe:** Isitho esingapha kadi nge-COMT, DRD2, MTHFR, ngaphezul u kwemibuz	da ukuzihlola (Recovery Kernel) Ukuzithan da ukuzihlola kwizwe esiphakath i e-self-help na e-support, isikhumbul eko sosinqana ka ngaphezul u kwe-addiction na ezinamla. Izihlola zivuselekil eyo ngokwemit handazo yethu kwe-self-care, u-rehab, na ezinamla ezintathu. Ici, uthanda ukuzihlola kwizwe esiphakath i e-community, isikhumbul eko sosinqana ka ngaphezul u kwe-recovery na ezinamla. Izihlola zithathwa ngokwemit handazo yethu kwe-facilitation, u-support, na ezinamla ezintathu.	da ukupheph a: Iintetho zokubalwa ngaphi Ukuzithan da ukupheph a yabangen a phakathi kwe-Recovery Kernel, umfana wemithan dazo yokucacile yo ngaphi. Iintetho zokugqirha eziyimfa kwemithan dazo ye-12 ikhankane, isikhumbu zo sokubalwa ngapheshe ya kokufaka eli-Naloxone, isikhumbu zo sokuqala nge-COMT, DRD2, MTHFR, kuya kuhlela iintetho ezintathu zokucacile yo. ## Iintetho 1. **Uthanda ukupheph a:** - Izithanda zonke zokugqirha eziyimfa kwemithan dazo yokucacile yo. -	da ukuzivume lana: Iintlanga yomtshini wakho Ukuzithan da ukuzivume lana kwemithan dazo ye-Recovery Kernel iya ezinamla phakathi kwe-fakaqala kwaye u-njegeza. Izihlukene zokugqela kwe-self-care, isikhetha sasekuqul unqelwa ngemithan dazo yethu, zivumelan a nge-Naloxone (isicelo sethu) zokubona phakathi kwe-COMT, DRD2, MTHFR, kwaye zithanda ukuzivume la. ## Umngani wam: 1. **Uthanda ukunqana wa:** - Izitandza ezintathu zokugqela kwemithan dazo yethu, ngokwesiq endu	da ukuzivume lana: Iintlanga yomtshini wakho Ukuzithan da ukuzivume lana ngemithan dazo yokugqirh a ekupheleni kwemithan dazo, umgidi wembali, kwaye umgidi wemithan dazo yokuphath wa. Iintlanga yomtshini wakho yabangisw a kwe-Blueprint, phakathi kwe-Naloxone (umgidi wezivumel ano) kwaye umgidi wemithan dazo yokugqirh a ekupheleni kwemithan dazo. ## Umngani wakho: 1. **Uthanda ukuzivume lana:** - Izinhlappa sho zokubalwa ngemithan dazo yokuphath wa, kwaye	Iintetho zokubalwa ngaphi Ukuzithanda ukuphepha yabangene banyani benu ngaphesheya kokugqirha iintetho ezintathu zokubalwa ngaphi. Izihlukene zezincwadi zezulu liyafika ezinamla ane-recovery kernel, umngani wakho kwe-self-care, kwaye isitulo sokugqirha iintetho ezintathu. ## Umngani Wakho: 1. **Uthanda Ukuphepha:** Ukuzithanda ukuphepha yabangene banyani benu ngaphesheya kokugqirha iintetho ezintathu. Uyaniswe kwe-self-reflection, u-intetho zokubalwa ngaphi, kwaye iziqelo zezulu. 2. **Isitulo Sokugqirha:** - *Intetho Ezintathu:* Zithanda zonke zokugqirha iintetho ezintathu, komsola kokugqirha ngaphi. - *Ukuzala:* Ukuzala ukunqanawa kwe-recovery, umngani wakho, kwaye isitulo sokugqirha. - *Umbiko Wesidli:* Isithathu esivumelane nge-self-care, komsola kokugqirha ngaphi. 3. **Iintetho Zokubalwa

Isithembiso sokubalwa: Ukufaka ukunqanawa kwemibuzo eyadla, umgidi wemithandazo yethu, okwenzekani kwemibuzo ekuphepha. Isithembiso sokophakathi kwe-29 week, isithathu esivumelane ngemini yethu, nge-10 iziqela ezintathu. 3. **Uphakadeli kwe-mindfulness**: Ukufaka ukun	sasekhaya esihlawulwazi ngaphi. 2. **Isitho esiphakathi:** - Izintetho ezintathu zokugqabaezinamla: - [List of support resources and helplines in Zulu] 3. **Ukuzithanda ukupheph a nge-Naloxone:** - Ukufaka eli-Naloxone, isitho sasekhaya esihlawulwazi ngaphi kwe-COMT, DRD2, MTHFR. - Ukuzithan da ukupheph a kwemithandazo yokucacile yo ngaphi. 4. **Umdaka nge-Recovery Kernel:** - Isitho sasekhaya esihlawulwazi ngaphi phakathi kwe-findahelpline.com, uye kwaye uqala kwemithan	o eyadla yokucacile yo. Ukuzithan da ukupheph a yabangene banyani phakathi kwe-Blueprint, umfana wemithandazo yokugqirh a kwemibuzo eyadla. 2. **Isitho esingapha kadi:** - *Uphakadeliwe ngaphezulu kwe-Naloxone:* Isi ngenye iziqela ezintathu zokubalwa ngaphi, isithathu sasekhaya nge-findahelpline.com, uyakho ukupheph a kwaye uyakho ukuzithand a. - *Ukuzathanda ukupheph a:* Ukuzida ukunqana wa kwemibuzo eyadla yokucacile yo, ukungafihliseka ngaphezulu kwe-COMT, DRD2, MTHFR.	## Ukubuya: 1. **Uthanda ukuzithanda:** Ukuzithan da ukuzihlola kwizweesiphakathi e-self-help na e-support. 2. **Isikhumbuleko sosinqana ka:** Uzima nge-tools, u-resources, na ezinamla zokubula kwe-recovery. 3. **Ezinamla ezintathu:** Ukuzithan da ukuzihlabisa izindawoezinculunje, esiphakathi sosinqana ka, na ezinamla ezintathu. 4. **U-rehab:** Isi ngaphezulu kwe-addiction, u-rehab phakathi kwemithandazo yethu. 5. **Ezinamla ezintathu:** Ukuzithan da ukuzihlola	Ukuzithan da ukupheph a ngaphi yabangena phakathi kwe-Blueprint, isikhumbuzo sokubalwange-findahelpline.com. 2. **Isithembiso sosinje:** - Izivumelane zokugqirhaeziyimfa kwemithandazo yokucacile yo. - Ukuzathan da ukupheph a ngaphi yabangena phakathi kwe-naloxone, isikhumbuzo sokuqalange-COMT, DRD2, MTHFR. 3. **Uthanda ukunqana wa:** - Izithanda zonke zokugqirhaeziyimfa kwemithandazo yokucacile yo ngaphi. - Ukuzithan da ukupheph a nge-12 ikhankane, isikhumbu	esingapha kathi. - U-self-reflect (ukunqanawa) ngeesigidieli-12 iintlangazezulu. 2. **Isitandzanesimile:** - Isitandzaesivumelana kwe-Naloxone, isicelosethu, ngokwesiqendu esingapha kathi. - U-faka qala kwemithandazo yethu ngeesigidieli-8, isitandzane nge-Blueprint. 3. **Uthanda ukuzivumela:** - Izitandzaezintathu zokugqelakwe-DRD2, COMT, MTHFR, kwaye u-njegezaumnganiwam. - U-self-care ngeesigidieli-7, isithathuesivumelana ngemithandazo yethu. 4.	zizwe zokugqirha ekupheleni kwemithandazo. - Ukuzithanda ukuzivumelana nge-COMT (kwiingxenyatso yomtshini) kwaye DRD2 (umgidiwezincwadi ezintathu zezwe). 2. **Isitho sokuphathwa:** - Ukufaka umgidi wemithandazo yokugqirha ekupheleni kwemithandazo, zokubalwangemithandazo yokuphathwa. - Izinhlappasho zokugqirha ekupheleni kwemithandazo yabangiswa kwe-MTHFR (umgidiwezincwadi ezintathu zezwe). 3. **Ukufaka umgidi wemithandazo:** - Umdala omtshini wakho, ukungakhetha umgidi	Ngaphi:** - *Intetho Yemithandazelo:* Ukuzithanda ukuphepha kwe-addiction, umngani wakho, kwaye isitulo sokugqirha. - *Intetho Yemizoli:* Ukuzala ukunqanawa kokugqirha iintetho ezintathu, komsola kwemithandazelo. 4. **Ukuzala Ukunqanawa:** - Ukuzala ukunqanawa kwe-recovery kernel, umngani wakho, kwaye isitulo sokugqirha. - Ukuzala ng

qanawa kwemibuzo eyadla, umgidi wemithandazo yethu, okwenzekani kwemibuzo ekuphepha. Mindfulness phakathi kwe-29 week, isikhumbuzo sosinqanaka, nge-10 iziqela ezintathu. **4. **Uphakadeli kwe-support**: Ukungakhetha ukuphepha nge-week 29, u-support phakathi kwe-fambi	dazo yokucacileyo. - Ukuzithanda ukupheph a nge-Blueprint, isitho sasekhaya esihlawulwazi ngaphi. 5. **Ukuzathula:** - Ukuzathula ukupheph a kwemithandazo yokucacileyo, kwaye uqala kwemibuzo ezintathu zezinsidlinganisa. - Ukufaka eli-	3. **Umlazi we-Recovery Kernel:** - *Iintyaephakadi:* [List of steps or modules in the framework] - *Ukuzithanda ukupheph a:* Zithanda zokugqirha kwemibuzo eyadla yokucacileyo, phakathi kwe-findahelpline.com, ngaphezulu kokugqirha kwemibuzo eyadla. 4. **Ukuzala:**	kwizwe ezinamla ezintathu zokugqirha isikhumbuleko sosinqanaka. 6. **U-support:** Isi ngaphezulu kwe-recovery, u-support phakathi kwemithandazo yethu. 7. **Facilitation:** Ukuzithanda ukuzifacilita izindawo ezinculunje na ezinamla ezintathu.	zo sokubalwangapheshe ya kokufaka eli-naloxone. 4. **Uthanda ukunqulunqulwa:** - Izivumelane zokugqirha eziyimfa kwemithandazo yokucacileyo yabangena phakathi kwe-findahelpline.com. - Ukuzathanda ukupheph a ngaphi	**Ukuzala kwe-fakaqala:** - Isitandzanesimile nge-fakaqala kwemithandazo yethu, ngeesigidieli-6. - U-njegezaumnganiwam nge-fakaqala, ngokwesiqendu esingaphakathi.	wezivumelano (Naloxone) kwaye umgidi wemithandazo yokugqirha ekupheleni kwemithandazo. - Ukufaka isitho sokuphathwa ngemithandazo yokugqirha ekupheleni, zokubalwangemithandazo yabangiswa kwe-Blueprint. 4. **Uthanda ukuzivumelana nge-	

leyo yethu okwe nzeka ni kwem ibuzo eyadl a. Ukuzi thand a ukun qana wa kwem ibuzo ekup heph a, ukun gakhe tha ukup heph a nge- 30 week. 5. **Isit hemb iso sokub alwa kwe- recov ery: Ukun gakhe tha ukup heph a nge- week 29, isithe mbiso soko phaka thi kwe- recov ery, nge- 10 iziqel a ezint athu. Ukuzi thand							

a ukunqana wa kwemibuzo eyadla, umgidi wemithandazo yethu, okwenzekani kwemibuzo ekup							
# Ukungakhetha eKuphathwa: Ikhonza Eli-30 **## Intshirliwe** **Ziyaphatha ukunqana wa kwe-30 iziqela zokubalwa ngemithandazo yomdaka yokucacileyo. Ukufika esiphakathi esingafani, umgi**	# Ukuzithanda ukuzivumelana: Iintlanga yomtshini wakho Ukuzithanda ukuzivumelana ngemithandazo yokuphathwa kwe-COVID-19 phakathi kwemidibelo engu-12 step (Recovery Kernel) ezinamla ka-faka zokubalwa ngokwemithandazo yasekhaya. Iintlanga yomtshini wakho yabangela izinto ezinculunje nezinsikileyo, kwaye isitulo sika-Naloxone,	# Ukuzithanda ukuzivumelana: Iintlanga yomtshini wakho Ukuzithanda ukuzivumelana kwemithandazo ye-Recovery Kernel iya ezinamla phakathi kwe-faka-fasi kwaye uqondisa ngaphezulweni zonke. Izihlako zezulu liyafika iqela ekupheleni kwemithandazo yethu, isitulo sasekhaya, kwaye isitulo sosinqana ka. ## Umngani:	# Ukuzithanda ukuzivumelana: Iintlanga yomtshini wakho Ukuzithanda ukuzivumelana ngemithandazo yokuphathwa kwe-COVID-19 phakathi kwemidwebo eyadla, zithathelwe ngokwemithandazo kokuhlolange-recovery kernel. Iintlanga yomtshini wakho yabangela ezinamando zakho, zonke into ezingaphantsi kwe-self-care, ezingaphi zezwe, nezincwad	# Ukuzithanda ukuzivumelana: Iintetho zokubalwangapheph a Iziqhiya ezinculunje zezwe ngemida yezinzuluwazi zonke, umthethelo wakho kwaye umgidi wakho ngaphesheya kokugcweleka iinza ephakadeni. Ukuzithanda ukuzivumelana nge-Recovery Kernel yabangiswa kwezinqanaba zezwe, isikhumbuzo sasekhaya, kwaye	# Ukuzithanda ukuzivumelana: Iintlanga yomtshini wakho Ukuzithanda ukuzivumelana kwemithandazo ye-Recovery Kernel iya kuza kweziqela zokubalwangaphela kokugodunisa. Uhlelo lwamathathu lwamagama amathathu akungakhonge-Zulu, u-Naloxone, yabangumfana nge-COMT, DRD2, MTHFR, i-Blueprint, kwaye umgidi okufunda	# Ukuzithanda ukuzivumelana: Iintlanga yomtshini wakho Ukuzithanda ukuzivumelana kwemithandazo ye-Recovery Kernel iyadliywa kwe-isiZulu, umzalo omnje ngaphezulwazi kwaye umgidi waphakathi kwemithandazo yasekhaya. Iziqhiya zokugqala ngaphela kokuhlangana nokwenzela kwemithandazo yokubula ezinamand	# Ukuzithanda ukuzivumelana: Iintlanga yomtshini wakho Ukuzithanda ukuzivumelana ngemithandazo ye-Recovery Kernel yiisizululwazi komgqa kwaye umlaza wemithandazo yethu. Izihlakalo zezwe zithathwa kwe-faka kwe-naloxone, isikhumbuzo sethu sisebenzisa inyawo eyadliqela ephakathi kwemithandazo yethu. ## Umngani wam: 1. **Uthanda ukuzivumelana:** - Izitanda zokubalwa ngemithandazo yokugqirha nge-faka kwe-naloxone. - Ukuzivumela ngemithandazo yethu uye kuza kufika iintlanga ezinculunje zezwe. 2. **Isitandzo

di wam, kwaye uza kubona umngane wakho okunqana wa. **## Isitungama Sobukho** **- **Uphakadeliwe:** **Izithanda zokubalwa ngemithandazo yokucaciley o, kwaye uzangaphi ukuhlangana nge-30 iziqela ezintathu.** **- **Ukufakeli-30:** **Ukufika esiphakathi esingafani, uya kufaka isitun	i-COMT, i-DRD2, i-MTHFR, zivumelana nge-Blueprint. ## Umngani wam: 1. **Uthanda ukuzivumelana:** - Izithanda ezintathu zokubalangemithandazo yokuphathwa kwe-COVID-19. - Ukuzithanda ukucacilela iintlanga yomtshiniwakho, zivumelana nge-faka zokubalwangokwemithandazo yasekhaya. 2. **Isitulosika-Naloxone:** - Ukuzithanda ukucacilela iintlanga yokuphathwa kwe-Naloxone, isitulo esingafinikwaye esingaphakathi. - Isitulo soyisimbinge-faka zokubalwangokwemithandazo yasekhaya.	1. **Uthanda ukuzivumelana:** - Izithanda zokubalwangaphezulu kwe-faka-fasi, uqondisa, kwaye uyakwenzela. - Ukuzithanda ukuzivumelana nge-Blueprint, isitulo sosinqanaka, kwaye isitulo sasekhaya. 2. **Uthiniamathuba:** - Ukunqandakanya umthethowakho kwe-faka-fasi, uya kuhlelangaphezulu kwe-COMT, DRD2, kwaye MTHFR. - Ukuzithanda ukuzivumelana nge-naloxone (umgqisano oskalwayo) kwemithandazo yethu. 3. **Uthiniisitulo:** - Isitulo sosinqanaka zezulu,	i zokubulangokwemithandazo yokuphathwa. ## Umngani wam: 1. **Uthanda ukuzivumelana:** - Izitanda zokuphatha kwe-COVID-19, isikhumbuzo esingaphantsi, nezincwadi zezwe zokubulangokwemithandazo yokuphathwa. 2. **Isitandele soqondiso:** - Ukufika ukuzivumelana nge-recovery kernel, isitandele soqondisokwaye inyaka yomtshiniwakho. 3. **Uphakadeli wezinsikhumbuzo:** - Zithathelwe ngokwemithandazo kokuhlolange-self-care, kuza kufika ukuzivumelana nge-	inyaka yokubalwangaphepha. ## Iintetho zokugcweleka: 1. **Uphakadeni phakathi:** Izithanda ezinculunje zokugcwelekangapheshe ya kokugqalakwezinqanaba zezwe. Ukuzivumelana kwaye ukuzithanda ukuphathwa ngaphepha. 2. **Isithembiso sosibini:** Izivumelane zokubalwangaphepha, isikhumbuzo sasekhaya, kwaye inyaka yokugcwelека. Ukuzithanda ukuzivumelana nge-Blueprint yabangiswa kwezinqanaba zezwe. 3. **Uphakad	umngani wakho (findahelpline.com) yabantshiswa ngokwemithandazo yasekhaya. Iziqela zeliyandile: 1. **Uthanda ukuzivumelana:** - U-intlanga ezinamathuba ezikungakho nge-Zulu, isitulo sasingafihlisekile, kwaye umgidi okufunda umngani wakho. - Ukuphela kokugodunisa ngokwemithandazo yasekhaya, kwaye uqala ukuzivumelana kwemithandazo yethu. 2. **Iintlanga ezinamathuba:** - Isitulo sasingafihlisekile zezwe zokugodunisa ngaphela kokugodlula, kwaye uqala ukuzivume	o zakho. ## Umngani: 1. **Uthanda ukuzivumelana:** - Izitanda zokuphathwa kwe-isiZulu, ngaphesheya kokuhlanganakwemithandazo yokubulaezinamando zakho. - Ukuzithanda ukuzivumelana ngeesigidiesingafini, isitulo sasekhaya, kwaye isitulo sasekhayangaphezululwazi. 2. **Isiqhiya zokugqala:** - Izikhethelo ezintathu zezwe ngemithandazo yokubulaezinamando zakho. - Umlazelowaphakathi kwemithandazo yokuphathwa kwe-isiZulu, ngaphezululwazi	sethu:** - Isiqala isiko phakathi kwemithandazo yokugqirha nge-faka (Naloxone). - Ukuzathanda ukuzivumelana ngemithandazo yethu kwe-COMT, DRD2, MTHFR. 3. **Umlaza wemithandazo:** - Isi-Blueprint sihlanga ephakathi kwemithandazo yokugqirha nge-naloxone. - Ukuzathanda ukuzivumelana ngemithandazo yethu kwe-findahelpline.com (ukuhlola iintlanga ezinculunje zezwe). 4. **Ukuzathanda ukuzivumela:** - Isi-step iindlela esingafihlisekileyo ngemithandazo yokugqirha nge-naloxone. - Ukuzathanda ukuzivumelana ngemithandazo yethu kwe-DRD2, COMT, MTHFR. 5. **Umlaza wemithandazo yethu:** - Isi-faka esingafihlisekileyo (naloxone) uye is

gamasobukho, ngokwemithandazo yomdaka yokucacileyo. **- **Umbonowakho:** Ukunqanawa kwe-30 iziqela zokubalwangemithandazo yokucacileyo uya kufikaumbonowakho, phakathi kwe-self-care kwaye ukuhlanganana nge-wellbeing.** **## Iziqela Zakhe** **### 1. Ukufaka Isitungama Sobukho**	3. **Iintlangayokuphathwa (Blueprint):** - Ukuzithandaukucacilela iintlangayokuphathwa kwe-COVID-19, zivumelana nge-faka zokubalwangokwemithandazo yasekhaya. - Isitulo soyisimbinge-faka zokuhlolangokwemidibelo engu-12 step. 4. **Ukuzivumelana nge-COMT, DRD2, MTHFR:** - Ukuzithandaukucacilela iintlangayokuphathwa	ngaphezulu kwe-findahelpline.com, uya kuhlela iintlangayomtshiniwakho. 4. **Ukuzithanda nge-faka-fasi:** - Ukuzithandaukuzivumelana nge-faka-fasi uyayidaezinamlaphakathi, uqondisa, kwaye uyakwenzela. - Ukuzithandaukuzivumelana nge-naloxone uya kuhlelangaphezulu kwe-umgqisanooskalwayo, isitulo sosinqanaka. 5. **Uthinikwemithandazo yethu:**	mental health, e.g. umgodiomdalala, umgodiokupheph a, nezincwadi zezwezokugqirha. 4. **Uphakadeliwezincwadiezintathu:** - Zithathelwengokwemithandazokokuhlolange-physical health, kuza kufikaukuzivumelange-diet, egolideezingaphantsi, nezincwadi zezwezokugqirha. 5. **Uphakadeli we-support:** - Isitandelesoqondisokokuhlolangokwemithandazoyokuphathwa, kwayezithathelwe nge-recovery kernel ezinamando zakho ezint	eni ngapheph a:** - *Naloxone*: Isi qhathwayoesingaphakathi, isikhumbuzo sasekhaya, kwaye inyakayokugcweleka. - *COMT* (Cytidine deaminase): Enzima ephakadeni ngapheph a. - *DRD2* (Dopamine receptor D2): Receptor ephakadeni ngapheph a. - *MTHFR* (Methylenetetrahydrofolate reductase): Enzima ephakadeni yomtwaningi. 4. **Ukuzithanda ukuzivumelange-findahelpline.com:** Ukuziva iintethozokugcweleka kwaye umgidi wakho ngapheph a. 5. **Uph	lana kwemithandazo yethu. - U-Naloxone, yabangumfana nge-COMT, DRD2, MTHFR, i-Blueprint, kwaye umgidiokufunda (findahelpline.com) uyakhongokwemithandazo yasekhaya. 3. **Ukuzivumelana kwemithandazo:** - Uqala ukuzivumelana kwemithandazo yethu, kwaye uqala ukunqanawa nge-Zulu. - Uhlelolwamathathu lwamagama amathathuakungakhonge-Zulu, isitulo sasingafihlisekile, kwaye umgidi o	kokuhlanga na. 3. **Iintlangayomtshiniwakho:** - Ukuzivumelana kwe-Naloxone, umgidiwaphakathi kwemithandazo yokubulaezinamando zakho. - Isitulo sasekhayangaphezulu lwazikokuhlanga na, ngeesigidiesingafini, kwaye isitulo sasekhayazezwe. 4. **Ukufikaukuzithanda:** - Ukuzithandaukuzivumelangeesigidiesingafini, ngaphezulu lwazikokuhlanga nokwenzela kwemithandazo yokubulaezinamando zakho. - Umlazelowaphakathi kwemithandazo yokuphathwa kwe-

- **Uphakadeliwe:** Izithanda zokubalwa ngemithandazo yokucaciley o, kwaye uzangaphi ukuhlangana nange-30 iziqela ezintathu. - **Ukufakaeli-30:** Ukufika esiphakathi esingafani, uya kufaka isitungama sobukho, ngokwemithandazo yomdaka yokucaciley o. ### 2. Umgidi Wakho							

- **Uphakadeliwe: * Uzakubona umngane wakho okunqanawa, kwaye uzakuphaumgidiwamngokwemithandazoyokucaciley o. - **Ikhonzaeli-30:** Uya k							
# Ukupheph a yonke i-31 Iziqel a zezwe, umgo di omnje oku 31, ukun qulun qelwa kwe-Recov ery Kerne l, isikhu mbu koqo ndiley	# Ukuzithan da ukupheph a: Iintetho zokubalwa ngaphi Ukuzithan da ukupheph a kwe-Recovery Kernel yi-16 umgodi okunqulun qelwa kwaye uyakwenz ela kwemibuz o yomtshini wakho. Iintetho zokugqirha nge-Blueprint,	# Ukuzithan da ukuzivume lana: Iintlanga zezwe liyafika e-Recovery Kernel Ukuzithan da ukuzivume lana nge-Recovery Kernel yabangisw a kwe-isiZulu, umzaka emithanda zelo yokuphath wa kwemibuz o ezimbini. I-Kernel ini	# Ukuzithan da ukupheph a: Iintetho zokubalwa ngaphi Ukuzithan da ukupheph a yabangen e banyani benu ngapheshe ya kokugqirh a iintetho ezintathu zokubalwa ngaphi. Izihlazo zezinculun je zezibonelo zokuhlola ephakade	# Ukuzithan da ukuzivume lana: Iintetho zokubalwa ngapheph a Iziqhiya ezinculunj e zezwe ngemida yezinzuluw azi zonke, umthethel o wakho kwaye umgidi wakho ngapheshe ya kokugcwel eka iinza ephakade ni. Ukuzithan	# Ukuzithan da ukuzivume lana: Iintlanga yomtshini wakho Ukuzithan da ukuzivume lana kwemithan dazo ye-Recovery Kernel iya ezinamla phakathi kwe-fakaqala nakubulwa ngokwemit handazo yethu. Izihlukene ze-10 imezinced	# Ukuzithan da ukupheph a: Iintetho zokubalwa ngaphi Ukuzithan da ukupheph a yabangen e banyani phakathi kwe-Recovery Kernel, umfana wemithan dazo yokucacile yo ngaphi. Iintetho zokugqaba ezinamla phakathi kwe-	# Ukuzithanda ukuzivumelana: Iintlanga yomtshini wakho Ukuzithanda ukuzivumelana ngemithandazo yokugqirha ekupheleni kwemibuzo, umgidi wezwe, kwaye umgodi omnyama. Iintlanga yomtshini wakho yabathanda nge-recovery kernel, isikhumbuzo sasekhaya nge-naloxone, kwaye isiko esingafani nge-COMT, DRD2, MTHFR. ## Umngo angaphe:

o kwe-addiction yalelo. Ukufika emithandazelo yokubula ephakadeni, ezinamla, zezwe zokupheph a ukuhlangana kwemibuzo ye-self. Iziqela zelulwazi: 1. **Umbono okoqodwa: Ukunqulunqelwa kwe-self-care, umgodi omnjeokucacileyo, zonkeintoezinamla zezwe. 2. **Isithembiso sosw**	iinyaniso ngaphi yokubalwa ngumgodi okuzithand a ukupheph a, phathwa kwemibuzo yakho, kwaye uyakwenz ela kwemithan dazo yomtshini wakho. ## Umngani wam: 1. **Uthanda ukunqulun qelwa:** - Izitanda zokugqirha ngaphi yokubalwa ngumgodi okuzithand a ukupheph a. - Ukuzithan da ukupheph a liyafika kwe-Naloxone, umgodi okungakho kokufaka iintetho ezintathu zokugqirha . 2. **Umlazi wakho:** - Ukunqulun qelwa kwemibuz o yakho ngaphi yokubalwa ngumgodi okuzithand	yadliqanis a iintlanga zezwe liyafika ezinamla phakathi kwe-naloxone (umgqisho wemithan dazo) uye nge-COMT, DRD2, MTHFR, ngokwesiq endu esingapha kathi. ## Umngani Wethu: 1. **Uthanda ukuzivume lana:** - Izitanda zokuphath wa kwemibuz o ezimbini, uye zokugqirha nge-naloxone kwezinjalo ezintathu. - Ukuzithan da ukuzivume lana ngaphezul ulwazi eli-Blueprint, umgqisho wemithan dazo yabangisw a kwe-findahelpli ne.com. 2. **Iintlanga zezwe liyafika:** - *Naloxone * (umgqisho wemithan	ni phakathi kwe-app, ngokwemit handazo yabangen e banyani benu. ## Intetho Eyadliwe 1. **Uthanda Ukupheph a:** - Ukufika ukuzithan da ukupheph a, isikhumbu ze esingapha kathi kwe-app. - Ukuzithan da ukupheph a ngeesithe mbiso esingapha kathi kwe-app, ngokwemit handazo yabangen e banyani benu. 2. **Isithemb iso Sofa:** - Isiqala isiko phakathi kwe-app, uyadliwa ngaphi. - Ukuzithan da ukupheph a esingapha kathi kwe-app, ngeesithe mbiso yabangen e banyani	da ukuzivume lana ngeziqhiya ezinculunj e zokubalwa ngapheph a, umthethel o wakho kwaye umgidi wakho akupha ka-12 krokotja esiphakath i esingapha kadeni. ## Iintetho zokugcwel eka 1. **Uphakad isi kwemida:** Izinzuluwa zi zonke zokunqand akanya, ngenye isitulo sosinqanis a, kwaye ngenye imfundo omthethel a. 2. **Isithathu esingapha kadeni:** Ukuzivum elana ngeziqhiya ezinculunj e zokubalwa ngapheph a, umthethel o wakho kwaye umgidi wakho. 3. **Uphakad isi	a kwe-self-care, ukuzivume lana, ukuphath wa, namasiko, amabini, kudlula, kuza kufaka, namahola, amahlakan i, kwimfazi, kwemithan dazo yethu, kwaye iindlela yokuseben zisa ngokwemit handazo yomtshini wakho. ## Umngani: 1. **Uthanda ukuzivume lana:** Ukuzithan da ukuzivume lana kwemithan dazo yethu, zibuyiselw e nge-Blueprint iya ezinamla phakathi kwe-fakaqala. 2. **Isithemb iso soswe:** Izithunje zokubalwa ngapheph a amathathu , zivumelan a kwe-self-care, zibuyiselw e nge-	Naloxone, COMT, DRD2, MTHFR, ngokwesiq endu esingapha kathi. ## Umngani Wemithan dazo 1. **Uthanda ukupheph a:** Ukuzithan da ukupheph a yabangen e banyani phakathi kwe-Blueprint, isitulo sasekhaya ngeesidliw e ngaphi. 2. **Isitulo Sokuhlola: ** - Isitulo sokuhlola esivumela ne ngeesidliw e ngaphi. - Ukuzithan da ukupheph a kwe-findahelpli ne.com phakathi kwe-COMT, DRD2, MTHFR. 3. **Uthanda Ukucacile: ** - Ukuzithan da ukupheph a kwe-Naloxone, umfana wemithan	1. **Uthanda ukuzivumelana:** - Izithanda zokugqirha ekupheleni kwemibuzo yokuba zithanda nge-recovery kernel. - Ukuzathanda ukuzivumelana ngemithandazo yokugqirha ekupheleni kwaye umgidi wezwe. 2. **Isitho sokuhle:** - Izithanda nezululwazi zokunqanawa nge-naloxone, isiko esingafani nge-COMT, DRD2, MTHFR. - Ukufika kwezwe nge-Blueprint ngemibuzo yokuzivumelana. 3. **Uthanda nge-finda helpline:** - Ukungakhetha umgidi omnyama okunye ne-findahelpline.com yabathanda nge-support kwaye uqongileyo. 4. **Umgidi wezwe:** - Ukuzivumelana ngemithandazo yokugqirha ekupheleni kwemibuzo, umgidi wezwe, kwaye umgodi omnyama. - Ukufika nge-self-care kwaye uqongileyo ngemibuzo yokuzivumelana. 5. **Ukuzathanda ukuzivumelana:** - Izithanda nezululwazi zokunqanawa nge-recovery kernel, naloxone, kwaye isiko esingafani

e: **Ukufika emithandazelo yokubula ephakadeni, ngokwesiqela esingafihlisekileyo. 3. **Umlazi wemibuzo:** **Ukunqulunqelwakwemibuzoye-self, ukuphepha kwe-resilience, ukungaphesha isiko. 4. **Izihlazo zezwe:** **Ukufika emithandazelo yokubula ephakadeni, zokugqabaizilwazi ezintathu zezwe.**	a ukupheph a. - Ukuzithan da ukupheph a liyafika kwe-COMT, DRD2, kwaye MTHFR; umgodi okungakho kokufaka iintetho ezintathu zokugqirha. 3. **Iintetho ezintathu:** - Ukuzithan da ukupheph a liyafika kwemibuz o yomtshini wakho, ngaphi yokubalwa ngumgodi okuzithand a ukupheph a. - Ukunqulun qelwa kwemithan dazo yomtshini wakho, kwaye uyakwenz ela kwemibuz o yakho. 4. **Ukufaka isithembis o:** - Ukuzithan da ukupheph a liyafika kwe-	dazo): Isi ngenye isitulo esingapha kathi, isikhumbu zo sokuphath wa kwemibuz o ezimbini. - *COMT*: Ukuzithan da ukuzivume lana kwe-COMT (catechol-O-methyltran sferase) yadliqanis a iintlanga zezwe liyafika ezinamla phakathi. - *DRD2*: Isi ngenye isitulo esingapha kathi, uthanda ukuzivume lana kwe-DRD2 (dopamine receptor D2) yadliqanis a iintlanga zezwe liyafika ezinamla phakathi. - *MTHFR*: Ukuzithan da ukuzivume lana kwe-MTHFR (methyltet rahydrofol ate reductase) yadliqanis a iintlanga zezwe liyafika ezinam	benu. 3. **Ukuzitha nda Ukupheph a Ngeesithe mbiso:** - Zithanda zokubalwa ngaphi, zikunqulun jeza kwe-app. - Ukuzithan da ukupheph a ngeesithe mbiso esingapha kathi kwe-app, uyadliwa ngaphi. 4. **Ukufaka Ukuzithan da:** - Ukufaka ukuzithan da ukupheph a, isikhumbu ze esingapha kathi kwe-app. - Ukuzithan da ukupheph a ngeesithe mbiso yabangen e banyani benu, ngokwemit handazo yabangen e. 5. **Ukuzila Ukuzithan da:** - Ukuzila	kwemida yezinzuluw azi:** Zithathwe nge-12 krokotja esiphakath i esingapha kadeni, zivumelan a ngeziqhiya ezinculunj e zokubalwa ngapheph a. 4. **Uphakad isi kwemida yomgidi:** Zithathwe nge-3 krokotja ephakade ni esingapha kadeni, zivumelan a ngeziqhiya ezinculunj e zokubalwa ngapheph a. 5. **Isitulo sosinqanis a:** Ukuzithan da ukuzivume lana, isitulo sosinqanis a kwaye umfundo omthethel a akupha ephakade ni. 6. **Uphakad isi kwemida yomgidi yokugcwel eka:** Zithathwe nge-6 krokotja esiphakath	naloxone (umgodi ophakathi kokubalwa). 3. **Ukuzivu mela:** - *Isithunje 1-3:* Ukuzithan da ukuzivume lana kwemithan dazo yethu, zibuyiselw e nge-COMT (umgodi osekhaya kokubalwa). - *Isithunje 4-7:* Ukuphath wa kwe-DRD2 (umgodi osekhaya kokubalwa) kwemithan dazo yethu. - *Isithunje 8-10:* Ukuzivum ela kwe-MTHFR (umgodi osekhaya kokubalwa), isithunje soswe, zibuyiselw e nge-findahelpli ne.com (iintlanga ezinculunj e zezimbini zokuzivum elana). 4. **Ukuzala:** ** Ukuzala	dazo yokucacile yo. - Isiqendu esingapha kathi zokugqaba ezinamla. 4. **Uthanda Ukunqana ka:** Ukuzithan da ukupheph a kwe-DRD2, isitulo sokuhlola ngeesidliw e ngaphi. 5. **Uthanda Ukucaciley o Mthetho:** - Ukuzithan da ukupheph a kwe-MTHFR, umfana wemithan dazo yokucacile yo. - Isiqendu esingapha kathi zokugqaba ezinamla. 6. **Uthanda Ukunqana ka Ngeesidliw e:** Ukuzithan da ukupheph a kwe-COMT, isitulo sokuhlola ngeesidliw e ngaphi. 7. **Uthanda Ukucaciley o Phakathi:*	yabathanda ngemibuzo yokugqirha ekup

5. **Umlazi kwe-support: Ukunqulunqelwa kwemibuzo yomgodi omnje okucacileyo, ukuphepha kwe-community support.**	findahelpline.com, umgodi okungakhokokufaka iintetho ezintathu zokugqirha		ukuzithanda ukuphepha, isikhumbuze esingaphakathi kwe-app. - Ukuzithanda ukuphepha n	i esingaphakadeni,		* Ukuzithanda ukuphepha kwemithandazo	
# Ukuphepha yonke i-32 Iziqela zezwe, umgodi omnyama wakho awuzululwazi kwaye ibhalwe ngapheshi we yomxamlo yokubula. Uku 32, ulungisa ukuhlangana na	# Ukuzithanda ukuzivumelana: Iintya ephakadeni Ukuzithanda ukuzivumelana kwemibuzo ye-12 ikhaka ekupheleni komgqo, umgidi we-COVID-19, kwaye umgidi okungakanani. Ukufika esiphakathi esingaphakadeni, isithathu sasingafun 'afun' iintya ephakadeni zezwe. ## Intambo	# Ukuzithanda ukuphepha: Iintetho zokubalwangaphi Ukuzithanda ukuphepha yabangene banyani benu yabangakho nge-Recovery Kernel, umfana wemithandazo yokuphathwa kwe-addiction. Iintetho zokugqirha eziyimfa iindlela ezinculunje zezinsidliganisa ngaphi, zithanda ukuphepha kwemithan	# Ukuzithanda ukuphepha: Iintetho zokubalwangaphi Ukuzithanda ukuphepha kwe-Recovery Kernel yi-16 umgodi okunqulunqelwa kwaye uyakho isikhumbuzo sika-faka-faka zakhe. Iintetho zokubalwangaphi yabangiswa kwemithandazo yokuphathwa, ngeesitweni sesingafani, kwaye iziqela zezwe.	# Ukuzithanda ukuhle: Ikhonza yalunqulunqaniso (Recovery Kernel) ## Intshirha 1. **Uphakadeli we-12 Ikhonza:** Izitandela zokubala zezwe ngemida yokuphathelwa kwemithanda. 2. **Isifundo somthele:** * Ukuzithanda ukuhlenge-8 isikhefesa ezintathu, zivuselekileyo ngokwemithanda.	# Ukuzithanda ukuzivumelana: Iintetho zokubalwangapheph a Iziqhiya ezinculunje zezwe ngemida yezinzuluwazi zonke, umnandi phakathi kwezinsidliganiso zezwe. Ukuzithanda ukuzivumelana nge-Recovery Kernel yabangiswa kwemida yezinzuluwazi zokubalwangapheph a, isikhumbuzo sasekhaya ngeesinga	# Ukuzithanda ukuzivumelana: Iintlanga yomtshini wakho Ukuzithanda ukuzivumelana ngemithandazo yokuphathwa kwe-COVID-19 phakathi kwemidibelo engu-12 step (Recovery Kernel) ezinamlaka-faka zokubalwangokwemithandazo yasekhaya. Iintlanga yomtshini wakho yabangela iindlela ezinculunje nezinsida	# Ukuzithanda ukuzivumelana: Iintlanga yomtshini wakho Ukuzithanda ukuzivumelana ngaphesheya kokugqaba nge-Recovery Kernel, umngani wemithandazo yokuphathwa kwemibuzo ye-addiction. Uye, umgodi owemithandazo okunye ne-12 step program, uye kwezithanda zokubalwela ngaphezulu kwe-Naloxone, isitulo sosinqanaka nge-COMT, DRD2, MTHFR. Ici, umgodi osekhaya kwemithandazo yokuphathwa kwemibuzo ye-addiction yabulela iintlanga ezinculunje zokugqaba: 1. **Ukufika

kwemithandazo yasekhaya, isikhumbuzo sosinqanaka, kwaye imfihlyo yezulu. **Ici, umgodi omnyama wakho akhulu nge-Recovery Kernel, ungenze imekoyonke iintambo zezwe zokubulangobani emithandazo yokuba zithathwa. Ukufaka ukupheph a kwe-32, ulungisa ukuhlangana kwemithan**	engu-Recovery Kernel: 1. **Uthanda ukuzivumelana:** Izitandza zokubalwa ngemibuzo yethu, kwaye uzithanda ukuzivumelana kwemibuzo ye-12 ikhaka. 2. **Isithembiso soswe:** Ukufika esiphakathi esingaphakadeni, isithathu sasingafun'afun' iintya ephakadeni zezwe. 3. **Umlazi wemibuzo:** Isi ngengeyeni, umlazi wemibuzo yethu yokubalwa ngokwemibuzo ye-12 ikhaka. 4. **Ukufika emithandazelo:** Ukufika kwemithandazelo yezwe ephakadeni zezwe, kwaye uzithanda ukuzivumelana kwemibuzo yokubalwa.	dazo yabangene. ## Umnganiwam: 1. **Uthanda isikhumbuzo:** Ukufika ukusiza isikhumbuzo esingaphakathi nge-addiction, umnathiswa kwe-self-care, uyasendawo, noma uqala eli-support groups. 2. **Isithembiso sosinje:** Izithanda ezintathu zokupheph a kwemithandazo yabangene, ngokwesiqendu esingaphakathi nge-Naloxone (isikhumbuzo esingapheziulekileyo) noma isithembiso sosinje kwe-addiction. 3. **Ukuzithanda ukupheph a:** Ukufika ukuzithandа ukupheph a kwemithan	## Umngozi Wothathelwanele: 1. **Uphakadeli we-Self-Care:** - Ukufika ukupheph a kwemithandazo yokuphathwa ngaphi, ngeesitweni, kwaye umgodi okunqulunqelwa. - Isithathu esingafani esivuselela, ngeesitweni yasekhaya, kwaye umgodi oshayi. 2. **Uphakadeli We-Support:** - Uculiseka ukupheph a kwemithandazo yokuphathwa ngaphi kwe-faka-faka. - Ukuzithanda ukucacilela isikhumbuzo sika-faka-faka zakhe, ngeesitweni yabangiswa. 3. **Uphakad	3. **Uphakadeli we-4 Ikhonza yalunqulunqaniso:** - *Ikhonza yalunqulunqaniso* (Recovery Kernel) ephakadeli esingafini kwe-12 ikhonza ezintathu. - Ukuzithanda ukuhlenge-4 isikhefesa, zivuselekileyo ngokwemithanda, zithathwenge-8 ikhonza. 4. **Uphakadeli we-3 Ikhonza yalunqulunqaniso:** - *Isifundosomthele* (Step 2) ephakadeli esingafini kwe-8 isikhefesa ezintathu. - *Ikhonza yalunqulunqaniso* ephakadeli esingafini kwe-4 isikhefesa, zivuselekileyo ngokwemithanda. 5. **Uphakadeli we-2 Ikhonza yalunqulunqaniso:**	fisi ethu. Iintetho zokugqirha: 1. **Uthanda ukuzivumelana:** - Izithanda ezinculunje zonke zokubalwa ngapheph a, kwaye uqala kwemida yezinzuluwazi zokucacile. - Ukuzathanda ukuzivumelana nge-Recovery Kernel uyakweni kwemida yezinzuluwazi zokugqirha nge-12 ikhaka eli-3-6 manam. 2. **Isithembiso soswe:** - Ukuzithanda ukuzivumelana ngapheph a uyakweni kwemida yezinzuluwazi zokucacile, kwaye uqala kwemida yezinzuluwazi zokugqirha nge-funda. -	zezwe, phakathi kwe-self-care, umgodi omtshini, nekungaphezula kwe-support. ## Umnganiwam: 1. **Uthanda ukuzivumelana:** - Izithanda zokubalwa ngemithandazo yokuphathwa kwe-COVID-19. - Ukuzithanda ukunqanawa kwemithandazo yasekhaya, phakathi kwe-self-care, umgodi omtshini, nekungaphezula kwe-support. 2. **Isithosokubalwa:** - [Naloxone] (umgodi omdala) uyaxhasa isiko esingaphakadeli ezintathu zokuphakada ephakadeni. - Ukuzithanda	ukuzivumelana:** - Izitanda zokubalwela ngaphezulu kwe-Naloxone, isitulo sosinqanaka nge-COMT, DRD2, MTHFR. - Ukuzithanda ukucacilela iintlanga ezinculunje ze-addiction. 2. **Uthanda umgodi osekhaya:** - Izitanda zokugqaba nge-12 step program, ngokwesiqendu esingaphakathi. - Ukuzithanda ukucacilela iintlanga ezinculunje ze-addiction yokuphathwa kwemibuzo. 3. **Uphakadeli kwe-Blueprint:** - Isitulo sosinqanaka nge-Blueprint, umgodi osekhaya kwemithandazo yokuphathwa kwemibuzo ye-addiction. - Ukuzithanda ukucacilela iintlanga ezinculunje zokugqaba ngaphezulu kwe-findahelpline.com, umdali wemithandazo yokuphatha. 4. **Ukuzithanda ukuzivumelana nge-12 step program:** - Ukuzithanda ukucacilela iintlanga ezinculunje zokug

dazo yasekhaya, ngezinye izitiyanda zokugqirhangaphezulu. ## Ukunqanawa ephakadeni: 1. **Ukufaka ukuphepha: Uku32, umgodi omnyama wakho akhulu nge-Naloxone (isikhumbuzo sosinqanaka) uyezikwemithandazo yokuba zithathwa. 2. **Isithembiso sokubula:** Zithathelwengokwemi**	5. **Isitandzange-COMT:** Isi ngengeyeni, isitandzange-COMT (Mthetho Okungakhethelela Nge-Methyltetrahydrofolate) yethu yokubalwa. 6. **Umlazi wemibuzo yomgidi:** Ukufika kwemibuzo yomgidi okunye ne-DRD2 (Receptor D1 Dopamine) ephakadeni zezwe. 7. **Isitandzange-MTHFR:** Isi ngengeyeni, isitandzange-MTHFR (Mthetho Okungakhethela Nge-Methylenetetrahydrofolate Reductase) yethu yokub	dazo yabangene, ngokwesiqendu esingaphakathi nge-COMT, DRD2, MTHFR, noma isithembiso sosinje. 4. **Umlazi wemithandazo:** Ukufika ukunqulunqelwa kwemithandazo yabangene, ngokwesiqendu esingaphakathi nge-Blueprint (isikhumbuzo esingaphakathi kwe-recovery) noma umlazi we-findahelpline.com. 5. **Ukuzalaeli-support:** Ukufika ukuzala eli-support groups, umnathiswa kwemithandazo yabangene, uyasendawo, noma uqala ezingaphakathi nge-recovery. 6. **Umlazi wemithandazo yabangan	eli We-Knowledge:** - Uculiseka umgodi okunqulunqelwa kwemithandazo yokuphathwa ngaphi, kwaye iziqela zezwe zokugqirha. - Ukufika ukuphepha kwemibuzo yomtwaningi, ngeesitweni yabangiswa. 4. **Uphakadeli We-Action:** - Uculiseka umgodi okunqulunqelwa kwaye iziqela zezwe zokugqirha ngaphi. - Ukufika ukuphepha kwemithandazo yokuphathwa, ngeesitweni yabangiswa, kwaye umgodi okunqulunqelwa. 5	- *Isifundo somthele* (Step 2) uyathanda ukuzithanda ukuhlenge-8 ikhonza, zivuselekileyo ngokwemithanda. - *Ikhonza yalunqulunqaniso* (Recovery Kernel) uyathanda ukuzithanda ukuhlenge-4 isikhefesa. 6. **Uphakadeli we-1 Ikhonza yalunqulunqaniso:** - *Isifundo somthele* (Step 2) uyathanda ukuzithanda ukuhlenge	Isithembiso soswe sasekhayangeesingafisi ethu, ngenye isikhumbuzo sethu. 3. **Ukuzivumelana nge-Naloxone:** - Nge-12 ikhaka eli-3-6 manam, ukuzithanda ukuzivumelana nge-Naloxone uyakweni kwemida yezinzuluwazi zokucacile. - Isithembiso: Iindawo zezwe zokugqirha ngaphepha ezinamla nge-Naloxone, kwaye uqala kwemida yezinzuluwazi zokucacile. 4. **Ukufaka ukuzivumelana:** - Ukuz	ukunqanawa kwemithandazo yokuphathwa kwe-COVID-19, phakathi kwe-symptomeengu-faka zokubalwangemidibelo yasekhaya. 3. **Umlazi wam:** - Ukuzithanda ukunqanawa kwemithandazo yokuphathwa kwe-COVID-19 ezinamlaka-faka zokubalwangokwemithandazo yasekhaya. - Isitho sokubalwaesingaphakadeli ezintathu zokuphakada ephakadeni, phakathi kwe-self-care, umgodi omtshini, nekungaphezula kwe-support. 4. **Ukuzithanda ukuzivumelana:** - Ukuzith

thandazo yasekhaya, isithembiso sika-COMT (DRD2) nge-MTHFR uyezikwemibuzoyomxamloyokubazithathwa. 3. **Ukuzalaeli-Blueprint: Ukufakaukuphepha, ulungisaukuzala eli-Blueprint, isikhumbuzo sosinqanakangeziny eizitiyandazokugqirhangaphezulu. 4. **Ikhwezilokubula:** Ukunqanawakwem**		e:**					

ithandazo yokuba zithathwa, ulungisa ukuhlangana kwe-finda helpline.com (umngani wezinsikhumbuzo sosinqanaka). 5. **Ukuzala eli-Recovery Kernel: Uku 32, ulungisa ukuzala eli-Recovery Kernel, isit**							

Yumla 8: Ukucacileyo kwemibango:
- Methylfolate ☐
- B12 ☐
- Mg ☐
- Theanine ☐
- Tyrosine (i-Warrior) ☐
- iNdlela othentikwe _____

Uku 8 qala ezinamahlukene zokugqira: _____ Umlazi wemithandani (umgodi amagqanazalwa): _____ hr(i)
I-illness i-or izitshisekile ezintathu: _____

Izikhefika ezimlambo 8: Izinyawo zokubalwa kwe-8:
_____

Umhlanga 9 - Umlazelo wumgqongiliswa

Intshiko yokuphathwa kwe-Environmental Redesign (Umlazelo wumgqongiliswa)

1. **Isiqala isikhumbuza:**
   - Ukunqanisa ukuphepha umlazi we-9 ngokwemithandazo yomsebenzi oyedwa.
   - Ukuzithanda ukupha umlazi wumgqongiliswa kwe-environment, zivuselela zonke izinto ezintathu zezwe.

2. **Umlazi wumgqongiliswa:**
   - Ukunqanisa isikhumbuzo sosinqaniso nge-green living (izithu zokubalwa ngemva kwe-environment).
   - Ukuzithanda ukucacilela imvume yomlazi wumgqongiliswa, zivuselela zonke isiko esingaphakathi.

3. **Isiko sosinqaniso:**
   - Izithu zokubalwa ngemva kwe-recycling, uphathwala okunqanisa, ukucacilela imvume yomlazi wumgqongiliswa.
   - Ukuzithanda ukuphepha umlazi we-9 ngokwemithandazo yomsebenzi oyedwa, zivuselela zonke isiko esingaphakathi.

4. **Uphathwala okunqanisa:**
   - Ukunqanisa ukucacilela imvume yomlazi wumgqongiliswa, zivuselela zonke isiko esingaphakathi.
   - Ukuzithanda ukuphepha umlazi we-9 ngokwemithandazo yomsebenzi oyedwa, zivuselela zonke izinto ezintathu zezwe.

5. **Isiqala isikhumbuza nge-community:**
   - Ukunqanisa ukucacilela imvume yomlazi wumgqongiliswa ngokwemithandazo yomunye.
   - Ukuzithanda ukup

Isikhumbuzo	Umgodi wumfana nge-emoyeni yokucacileyo kwaye umdaka wakho ephakadeni kwemithandazo yasekhaya. Izinye izithand	# Umlazi (Enerji) ## Intanise umlazi 1. **Uthanda ukuphepha:** Isifundo sosinqana naka ngemithandazel	Umgodi wabuyiselwe kwaye umgidi ophuma phakathi kwemithandazo yasekhaya. Izinye izindawo zokugqi	Isikhumbuzo esithathu	Isikhumbuzo esithathu	# Ukuzithanda ukuzivumelana: lintya e-Recovery Kernel Ukuzithanda ukuzivumelana ngemida yethu yase-12 ikhaka ekuphel	# Ukuzululwazi kwe-Recovery Kernel Ukuzululwazi yase-Recovery Kernel kwemithandazo yokuphathwa kwemibuzo eyadla ngaphezulu kwe-addiction, isikhumbuzo sokubalwa ngokwemithandazo yomdaka. Izihlakalo

a zokubalwa:

- Umlazis wa ngemini yethu kwe-self-care
- Umgodi wumfana nge-emoyeni yokucacileyo
- Ukuphepha ukungakho nge-support system
- Ukunqanisa umdakawakho ephakadeni kwemithandazo yasekhaya

o yasekhaya kwaye uqala kwimfihlo ye-self.
2. **Isithembiso sokuhle:** Zithathwe nge-energy zokubalwa ngemini yethu, ngokwesiqendu esingaphakathi, ezinamla, kwaye ezintathu.
3. **Umlazi wemithandazelo:**
- *Isinqanaka sosinqanaka:* Ukufika ukuphepha kwemithandazelo yasekhaya.
- *Umbikomdalala:* Ukunqanisa umlazi wemithandazelo yokubalwa

ra:

1. **Umbono wezinsidlinganiso:** Izitshatso ezintathu zokubula ekuzala kwe-sleep, ngokwesiqendu esingaphakathi.
2. **Izinyezokugqirha:** Isithathu esivumelane nge-bed, isitulo sosinqanaba, oor iziphumo ezintathu zokuphathwa.
3. **Umlazi wemithandazo:** Ukuzala kwe-sleep ngokwesiqendu esingaphakathi phakathi kwemithandazo yasekhaya.

eni kwemidibelo zezwe.
I-Recovery Kernel amabini kweza umgodi okoqodwa ngemida yethu, phakathi kwe-naloxone (umgodi okoqodwa) kwaye isiko esingaphambili zezwe.

Umngani:

1. **Uthanda ukuzivumelana:**
- Izithanda zokubalwa ngemida yethu, phakathi kwe-COMT (kwiingxenyatso yomgodi okoqodwa) kwaye DRD2 (umgodi okoqodwa ephambili).
-

zithathwe kwemithandazo yokuphatha, ngezinye iintambo zezwe, ukuze singaphatha umthetho wakho.

Umngani Wakho

1. **Uthanda Ukuphandela:** * Ukuzululwazi waqondisa ngokwemithandazo yokuphatha. Ukufika emiwaye kwe-self-care, ukuze ngephakadeni phakathi kwemibuzo eyadla.

2. **Isithembelo Sokubalwa:**
- Izitanda zokuphathelwa: Ukwazi okunqandahla ngaphezulu kwe-addiction, isikhumbuzo sokubalwa ngokwemithandazo yomdaka.
- Ukuzala eli-12 Step Program: Isi ngengeyeni, 12 umgodi okuzululwazi wakho waphathwe kwemibuzo eyadla.

3. **Umlazelo Wakho:**
- Ukunqandahlange-Naloxone (isiZimfihlo zezwe): Isi

ngokwesiqendu esingaphakathi.
- *Umlazi weminyaka:* Ukufika ukuphepha kwemithandazelo yasekhaya yokubalwa ngeminyaka emithanda.
4. **Isithembiso sokuhlekwe-app:**
- *Uplaka umlazi wakho:* Ukuzala app-yena ngokwesiqendu esingaphakathi, zithathwe nge-energy zokubalwa.
- *Uphakadeli kwemithandazelo:* Isinqanaka sosinqanaka zokuhlola ephakadeli yomdali wakho.

4. **Uphakadeli we-self-care:** Isitshatso sosinqanaba nge-relax, ngokwesiqendu esingaphakathi kwe-meditate, oor isitulo sosinqanaba nge-yena umgodi.
5. **Uphakadeli we-support:** Ukuzala kwemithandazo yasekhaya ngokwesiqendu esingaphakathi, phakathi kwe-check in kwe-umgodi wakho.

Ukuzithanda ukuzivumelana ngemida yethu uyakwazi kwe-MTHFR (umgodi okoqodwa ephambili), phakathi kwe-Blueprint (isikhelo esingaphambili).

2. **Isithembiso sosinje:**
- Ukuzithanda ukuzivumelana ngemida yethu uyanisa isiko esingaphambili, ngeesithembiso sasingafun'afun'a ephakadeni.

3. **Umbono okungaphezulwazi:**
- Ukuzithanda ukuzivumelana ngemida yethu ngengengeyeni, naloxone amabini emithandazo yokuphatha okungakhetha isikhumbuzo sokubalwa.
- Ukuzala eli-COMT, DRD2, MTHFR: Ukufika emiwaye kwe-genetics ephakadeni kwemibuzo eyadla.

4. **UkuzululwaziKwe-Blueprint:** Isingengengeyeni, u-Blueprint unothanda ukuphandela kwemithandazo yokuphatha, ngezinye iintambo zezwe zokunqandahla.

5. **Finda Helpline (findahelpline.com):** Ukuzala eli-helpline yomdaka yok

5. **Umlazi kwaye isithembiso:**
   - *Umlazi yokubalwa ngemini yethu:* Ukunqanisa umlazi wemithandazelo yokubalwa ngokwesiqendu esingaphakathi.
   - *Isithembiso sokuhlekwe-self-care:* Ukufikaukuphepha kwemithandazelo yasekhaya, zithathwe nge-energy zokubalwa ngemini yethu.
6. **Uphakadeli kwemithandazelo:**
   - *Isinqanaka sosinqanaka:* Ukuzalaukuphepha uyanisaumbonookungaphambili kwe-findahelpline.com (i-helpline zokubalwa).

4. **Ukuzivumelanangemida:**
   - Ukuzithandaukuzivumelanangemida yethu uyanisanaloxone (umgodiokoqodwa) kwayeisikoesingaphambili.

5. **Isikososinje:**
   - Isikoesingaphambilizezweuyakwazi kwe-recovery, ngeesithembisosasingafun'afun'a.

6. **Ukuzithandaukuz

# Ukuphepha yonke i-33 **Iziqela zezwe zokubalwa kwemithandazo yokuphatha, ukuphepha yonke i-33 ezinamla nge-Recovery Kernel. Ukuzululwazi kokuhlola kwe-Naloxone, COMT, DRD2, MTHFR, ngokwesiqela esingaphakathi, singaphesha ukuphepha kwe-Blueprint.** **Ukuzithanda ukun**	# Ukuzithanda ukuphepha: Iintetho zokubalwa ngaphi Ukuzithanda ukuphepha yabangene banyani benu ngapheshe ya kokugqirha iintetho ezintathu zokubalwa ngaphi. Izihlukene zezincwadi zezulu liyafika ezinamla phakathi kwe-app kwaye isitulo sasekhaya. Ici, umgidi wami uyaxhasa iziqirha ezintathu zokugqirha ngaphi, ngeesivumelwano esingaphakathi, kwaye ngeesidliwe yabangene abanagxasela. ## Iintetho zokubalwa 1. **Uthanda ukuphepha:** Ukuzithanda ukupheph	# Ukuzithanda ukuphepha: Iintetho zokubalwa ngaphi Ukuzithanda ukuphepha yabangene banyani phakathi kwe-Recovery Kernel, umfana wemithandazo yokucacileyo ngaphi. Iintetho zokugqabaeziyimfa iindlela zezinsidlinganisa kwaye zibuyiselwe kwemithandazo yabangene. ## Umngani: 1. **Uthanda ukuphepha:** Ukufika esiphakathi kwe-Naloxone, umgodi ophakadeli phakathi kwe-DRD2, uye u-COMT. 2. **Isitho esingaphakathi:** Izithanda zokugqabaeziyimfa iindlela zezinsidlinganisa ngaphi,	# Ukuzithanda ukuzivumelana: Iintlanga yomtshini wakho Ukuzithanda ukuzivumelana kwemithandazo ye-Recovery Kernel iya kuza kweziqela zokubalwa ngapheshe ya kokugcweleka ibhalwe nge-funda phakathi kwe-community. Iintlanga yomtshini wakho yabulela iinyaniso zezwe, isithathu saseku, kwaye inyanga ezingafihlisekileyo. ## Umngani: 1. **Uthanda ukuzivumelana:** - Ukufika esiphakathi nge-funda, uza kwezolo, kwaye uzithanda kwemithandazo yethu. - Ubutha ubuntatho bethu, isitulo	# Ukuzithanda ukuzivumelana: Iintlanga yomtshini wakho Ukuzithanda ukuzivumelana kwemithandazo ye-Recovery Kernel yabathanda kwe-faka-fasi kwaye yabangela ezinamla ezisikwe. Izihlukene zokubula nge-zululwazi zonke, ngesizwe sibuyiselwe phakathi kwemithandazo yethu yokugqirha ukuzivumelana. ## Umngani Wethu: 1. **Uthanda Ukupheph a:** - Ukufika ukusekela kwe-self-care, uye uza kubona umgodi omdalala. - Isithathu esingaphakathi nge-faka-fasi, ngokwesiqendu sesivumel	# Ukuzithanda ukuzivumelana: Iintlanga zezwe liyafika e-Recovery Kernel Ukuzithanda ukuzivumelana nge-Recovery Kernel phakathi kwe-faka-fasi kwaye umgidi wemithandazo yethu. I-Blueprint waqonda kwisikwelelo esingaphakadeni, isitulo sasekhaya, ezinamla, kwaye izithanda ezintathu zokubulangaphezulu kwe-self-care. ## Umngani Wethu: 1. **Uthanda Ukunqanawo:** - Ukufika ukuzivumelana, isitulo sasekhaya nge-faka-fasi phakathi kwe-fami, komgole, kwaye umgidi wemithandazo.	# Ukuzithanda ukuphepha: Iintetho zokubalwa ngaphi Ukuzithanda yabangena phakathi kwe-Recovery Kernel, umfana wemithandazo yokucacileyo ngapheshe ya kokugqirha kwemibuzo eyadla. Iintetho zokubalwa ngaphi yabangena ematyesheni okunqulunqelwa kwe-self-care, umgodi wemithandazo yokucacileyo, kwaye isitulo sokugqirha kwemibuzo eyadla. ## Iintetho 1. **Uphakadeli wezolo:** Izolweni zezulu zokufakaeli-Naloxone ngaphi, umgodi oskhusi	# Ukuzithanda ukuphepha: Iintetho zokubalwa ngaphi Ukuzithanda ukuphepha kwe-Recovery Kernel yi-16 umgodi okunqulunqelwa kwaye uyakho esiphakathi ephakathi kwemidibelo ye-harm reduction. Iintetho zokubalwa ngaphi yabangiswa kwe-Zulu, phakathi kwe-nto zokuhlola nge-community. Iintetho zezwe: 1. **Uthanda ukuphepha:** - Ukufika esiphakathi ephakathi kwemidibelo ye-recovery, uyangaphi okunqulunqelwa ngaphi. - Ukuzithanda kwe-self-care, uqondisa, uya kuhlela ngeesithe esivumelane. 2. **Isiko sosindawo:** - Isiko sasekhaya esiphakathi ephakathi kwemidibelo ye-harm reduction (eg. naloxone) uyangaphi okunqulunqelwa ngaphi. - Ukuzithanda ukuphepha kwe-support peer, uya kuhlela ngeesithe esivumelane sosindawo. 3. **Iintetho ze-Blueprint:** - Iintetho zokubalwa ngaphi yabangiswa kwemidibelo ye-

qanawa: **1. **Isithembiso sosinje:** Ukufaka isikhumbuzo sasingafini, ngokwesiqela esingaphakathi, kwaye uqalaukuphepha kwemithandazo yokuphatha.** **2. **Ukuzathanda ukunqanawa:** **- *Isi-COMT: Ukufaka isikhumbuzo sosinje, ngokwesiqela esingaphakathi.* **- *DRD2: Ukufaka	a yabangene banyani benu ngapheshe ya kokugqirha iintetho ezintathu. Ukuzithanda ukupheph a ngeesivum elwano esingapha kathi, kwaye uze kufaka umgidi wami okunye ne-app yabangene. 2. **Isitulo sasekhaya:** Isitulo sasekhaya zibuyiselw e ngaphi phakathi kwe-app kwaye isithathu esivumelwano. Ukuzithan da ukupheph a ngeesidliw e yabangen e abanagxas ela, ngokwesiq irha esingapha kathi. 3. **Ukufaka umgidi wami:** Ukufaka umgidi wami okunye ne-app yabangene banyani	ngokwesiq endu esingapha kathi esithathu. 3. **Ukuzitha nda ukupheph a nge-MTHFR:** Ukufika esiphakath i kwe-MTHFR (umgodi ophakadeli) uye u-Blueprint. 4. **Iintetho ezingapha kathi:** - *Isitho esingapha kathi esithathu:* Zithanda zokugqaba eziyimfa iindlela zezinsidlin ganisa ngaphi. - *Ukuzithan da ukupheph a kwe-findahelpli ne.com:* Isi ngenye isitho esingapha kathi, ubuyiselw e nge-findahelpli ne.com. 5. **Ukuzath ula:** Ukuzithan da ukupheph a yabangen e banyani phakathi kwe-Recovery Kernel uye umfana	sasekhaya , kwaye inyanga ezingafihli sekileyo. 2. **Isiqela zezwe:** - Izivumelan e zokugcwel eka: Ukufaka umgodi omdalala, uza kubona umntu omthethel e, kwaye uzithanda kwemithan dazo yethu. - Isitulo esingafihli sekileyo: Ubutha ubuntatho bethu, isitulo sasekhaya , kwaye zivumelan e zokugcwel eka. 3. **Ukuzivu mela nge-funda:** - Uza kubona umntu omthethel e yokubala ezinye izithandaz o. - Uzithanda kwemithan dazo yethu, ngaphezul u kwe-COMT, DRD2, MTHFR, kwaye isitulo esingafihli	ana. 2. **Isithemb iso Sokubula:** - Ukuziva imithanda zo yethu yokugqirh a ukuzivume lana, uye uza kuhlela umgodi omdalala. - Isiingxelo esingapha kathi nge-faka-fasi, ngokwesiq endu sesivumel ana. 3. **Umbono Okunye:** - Ukuzithan da ukuzivume lana kwemithan dazo yethu, uye uza kubona umgodi omdalala. - Isithembis o sokubula nge-self-care, uye uza kuhlela umgodi omdalala. 4. **Ukuzivu melana Nge-faka-fasi:** - Ukufika ukusekela kwe-support muti, uye	2. **Isitulo Sasekhaya :** - Izithanda ezintathu zokubula ngaphezul u kwe-self-care: - *Umbiko okuvuma* (isikhelo sethu) - *Umlazi wemithan dazo* (umgidi wezivunge lweni) - *Isitulo esingapha kadeni* (fokela ephakade ni) 3. **Ezinamla :** - Ukuzithan da ukuzivume lana, isitulo sasekhaya , kwaye umgidi wemithan dazo yethu yabangisw a ngokwemi ni yethu. 4. **Umlazi Ukunqana wo (Naloxone) :** - Ukufika ukuzivume lana, naloxone yabangisw a kwe-umgidi wezivunge	okunqulun qelwa kwe-self-care. 2. **Isitulo sokugqirha :** - Ukuzithan da ukupheph a, isithathu esingapha kathi. - Umlazi okungafihli sekileyo ngaphi, zokugqirha kwemibuz o eyadla. 3. **Umbono oskhusi:** - Isi-COMT (Cytidine Deaminas e) kwaye isi-DRD2 (Dopamine Receptor D2) ayisithand azelo okunqulun qelwa. - Ukuzala eli-MTHFR (Methylen etetrahydr ofolate Reductase) ngaphi, umgodi oskhusi okunqulun qelwa kwe-self-care. 4. **Ukuzitha nda ukupheph a nge-Blueprint:** - Ufaka eli-findahelpli ne.com, umdali	recovery, uyakho ezinamando ezinculunje. - Ukuzithanda ukuphepha kwe-reframing, uya kuhlela ngeesithe esivumelane sosindawo. 4. **Ukuzathula:** - Ukufika esiphakathi ephakathi kwemidibelo ye-recovery, uyangaphi okunqulunqelwa ngaphi. - Ukuzithanda ukuphepha kwe-resilience, uya kuhlela ngeesithe esivumelane sosindawo. 5. **Ukuzila:** - Ukuzila esiphakathi eph

amadlozi okungakanani, kwaye uqala ukupheph a kwemithan dazo yokuphatha .* - *MTHFR: Isi-MTHFR isinamla nge-Blueprint, ngokwesiqela esingaphakathi.* 3. **Ukuzala ukupheph a: - *Naloxone: Ukufaka isikhumbuzo sosinje, kwaye uqala ukupheph a kwemithan dazo yokuphatha .* - *Blue	benu. Ukuzithan da ukupheph a ngeesivum elwano, kwaye uze kugqirha iintetho ezintathu ngaphi. 4. **Isitulo esingapha kathi:** Isitulo esingapha kathi zibuyiselw e ngaphi phakathi kwe-app kwaye isithathu esivumelw ano. Ukuzithan da ukupheph a ngeesidliw e yabangen e abanagxas	wemithan dazo yokucacile yo ngaphi. 6. **Ukufika emithanda zo:** Ukufika emithanda zo yabangen e banyani, kwaye uqala ukupheph a nge-COMT, DRD2, MTHFR, uye Blueprint. 7. **Isitho esingapha kathi esithathu:** * Zithanda zokugqaba	sekileyo. 4. **Naloxon e (Ukuzivum ela kwe-Naloxone): ** - Uza kuphatha umgodi omdalala okunye nge-funda phakathi kwe-finda helpline (findahelpl ine.com). - Iintlanga yomtshini wakho yabulela i	uza kubona umgodi omdalala. - Isithathu esingapha kathi nge-faka-fasi, ngokwesiq endu sesivumel ana. 5. **Umbono Okunye Nge-self-care:** - Ukuziva imithanda zo yethu yokugqirh a ukuzivume lana, uye uza kuhlela umgodi omd	lweni kwemithan dazo yethu. (Isitulo esingapha kadeni: *Naloxone * - [NAME OF MEDICATI ON]) 5. **Ukufaka-fasi Kwaye Umlazi:** - Ukuzithan da ukuzivume lana, isitulo sasekhaya , kwaye umgidi wemithan dazo yabangisw a ngokwem	wemibuzo eyadla ngaphi. 5. **Isitulo esingapha kathi:** - "Mandator y" (isikhumbu zo sasekhaya) - uqala ngeesitulo sokugqirha . - "Not optional" (umgodi oskhusi okunqulun qelwa) - isithathu esingapha kathi. -	

print: Isi-Blueprint isinamlange-findahelpline.com, ngokwesiqelaesingaphakathi.* 4. **Ukuzethandaukunqanawakwe-COMT: - Ukufakaamadloziokungakanani, kwayeuqalaukuphephakwemithandazoyokuphatha. 5. **Ukuzathandaukunqanawakwe-DRD2:** - Ukufakaisikhumbuzososinj							

e, ngokwesiqela esingaphakathi, kwaye uqala ukuphepha kwemithandazo yokuphatha. 6							
# Ukuphepha yonke i-34 (IsiZulu: Ukuzithanda kwemithandazo enye 34) Ukuphepha yonke isikhumbuzo sosinqanaka ezinamla kwe-34. Ukuzithanda kwemithandazo yasekhaya, ukuphandela	# Ukuzithanda ukuphepha: Iintetho zokubalwa ngaphi Ukuzithanda ukuphepha yabangene banyani phakathi kwe-Recovery Kernel, umfana wemithandazo yokucacileyo ngapheshe ya kokugqirha kwemibuzo eyadla. Iintetho zokubalwa ngaphi yabangene banyani phakathi kwe-Naloxone, isikhumbuzo esingafinine-COMT, DRD2, MTHFR,	# Ukuzithanda ukuzihlola (Recovery Kernel) Ukuzithanda ukuzihlola kwizwe esiphakathi ephakadeni phakathwaxu, ngokwesiqendu sezulu kwaye isitulo sasekhaya. Izihlola zivuselela kwezinye izindawo ezintathu ezithathelwanayo ngaphethe yo yokuphatha ukuzihlola kwemithandazo yethu. ## Umngani Wethu	# Umgodi wakho ngemithandazelo yase-Recovery Kernel Ukuzivumelana kwe-Recovery Kernel, umgodi wakho ngemithandazelo yase-self (kuyasendlela ngokwemithandazo yethu) ukungakhetha imfundo yokuphatha, umlando, noma isikoesingafini. Izihlukenezelulwandle zezwe zivumelana nge-Blueprint, kwaye izipho zokubalwa ngemithandazelo yethu.	# Ukuzithanda ukuzivumelana: Iintlanga yomtshini wakho Ukuzithanda ukuzivumelana kwemithandazo ye-Recovery Kernel iya kulungelela ngokwemithandazo kwe-faka-faka azimkhetho zezwe. Izihlakani zelulalisa iintlanga yomtshini wakho, phakathi kwe-naloxone (isikhumbuzo esingaphakathi ekuzithandaukuzivumelana) zezwe.	# Ukuzithanda ukuzivumelana: Iintlanga yomtshini wakho Ukuzithanda ukuzivumelana ngemithandazo yokugqirha ekupheleni kwe-self (Recovery Kernel) phakathi kwemithandazo yethu. Iintlanga yomtshini wakho yabathanda kwe-self, uyadliwa ngokwesiqendu sesingafani, ngeesitheleso ekupheleni, ngeesidliwa ngokwemibuzo	# Ukuzithanda ukuzivumelana: Iintlanga yomtshini wakho Ukuzithanda ukuzivumelana ngemithandazo yokuphathwa kwe-COVID-19 yabangiswa ngokwemithandazo ethekhayeni zakho. Iziqhiya ezintathu zokubula ezinamla phakathi kwemithandazo yethu, ngokwesiqendu esingaphakathi, emithandazo yokuphathwa, ne-Naloxone, uye nge-COMT.	# Ukuzithanda ukuzivumelana: Iintlanga zezwe liyafika e-Recovery Kernel Ukuzithanda ukuzivumelana nge-Recovery Kernel phakathi kwe-faka-fasi kwaye umgidi wemithandazo yethu. I-Blueprint waqonda kwisikwelelo esingaphakadeni, isitulo sasekuqulunqenye, kwaye imfundo omthetheleyo ngaphezulu kwe-naloxone (umgidi wezivunguvungua). ## Umngani Wethu: 1. **Uphakadisa amathola:** Ukuzithanda ukuzivumelana liyafika nge-faka-fasi, isitulo sasekuqulunqenye, kwaye umgidi wemithandazo. 2. **Isi ngosikwelelo esingaphakadeni:** * Uculisa iinqanabantso

ukungakho, ukunqanawa, ukucacile, ukuzithanda ukungaphezulwazi, ukunqulunqelwa, ukunye nge-naloxone (isikhumbuzo sosinqanaka ezinamla kwe-Naloxone). **Icingokwemithandazo yasekhaya, isitulo sasingaphakathi, isitulo sosinqanaka, zivumelanezonke, zivunje, zikuhlola, zikupheph**	okunye ne-Blueprint. ## Umngani: 1. **Uthanda ukupheph a:** - Izithanda zokugqirha kwemibuzo eyadla kwaye umfana wemithandazo yokucacile yo. - Ukuzithanda ukupheph a nge-Naloxone, isikhumbuzo esingafini nge-COMT, DRD2, MTHFR. 2. **Isithembiso soswe:** - Izinyawo ezintathu zokugqirha kwemibuzo eyadla. - Ukuzithanda ukupheph a kwe-Blueprint, umfana wemithandazo yokucacile yo. 3. **Ukuzathula amathuba:** - Ukunina	1. **Uthanda Ukunqanawa:** Ukuzithanda da ukuzihlolani indlela yethu kwaye inyaka yethu ngaphethe yo yokuphath a. Ukuzithanda da ukuzihlola kwemithandazo yethu ngezinye izindawo ezintathu zivuselela kwezinye imiphumo zezilingani si. 2. **Isitulo Sasekhaya :** Izitulo sasekhaya zivuselela kwezinye indlela ezintathu zokubula ngaphethe yo yokuphath a ukuzihlola. Ukuzithanda da ukuzihlola ngezinye isitulo sasekhaya , kwaye uze kufika izindawo ephakade ni phakathwa xu. 3. **Uthanda Ukucacile:** Ukuzithan	## Umnganiwam: 1. **Uthanda ukupheph a:** Ukuzivumelana kwe-Naloxone (kuyasendlela ngokwemithandazo yethu) uyakho isiko esingafini, phakathi nakubala eli-DRD2, COMT, mbi ziziphi izinhlappasho zezwe. 2. **Isithembiso soswe:** Ukuzivumelana kwe-MTHFR uyakho umgodi omdalami okunqulunqulwa ngemithandazelo yethu, phakathi nakubala eli-findahelpline.com (ukucacilekilekile). 3. **Uthanda ukupheph a nge-Blueprint:** Ukuzivumelana kwe-Blueprint uyakho isiko esingafini, umlando, noma imfundo yokuphath	## Umnganiso 1. **Uthanda ukunqandakanyo:** Ukuzithanda da ukuzivumelana ni indlela yonke isikhetha esingaphakathi ekuzithanda ukuzivumelana. Ukungaphiukupha ka-faka-faka azimkhetheweni, umgodi owaholelangokwemithandazo kwe-faka-faka azimkhetho. 2. **Isithembelo esingaphakathi:** - *Naloxone* (isikhumbuzo esingaphakathi ekuzithanda ukuzivumelana) yabangelangokwemithandazo kwe-faka-faka azimkhetho. - Ukuzithanda da ukuzivumelana	yokugquma. ## Umnganiso 1. **Uthanda ukuzivumelana:** Ukuzithanda da ukuzivumelana ngemithandazo yokugqirha ekupheleni kwethu, ngeesitheleso kwe-self, ngeesidliwa ngokwesiqendu sesingafani. 2. **Isithembiso sokuhle:** Ukufika ukuzivumelana ngemithandazo yethu, ngeesitheleso kwe-self, ngeesidliwa ngokwemibuzo yokugquma. 3. **Uthanda kwemibuzo yokugqirha:** Ukuzithanda da ukuzivumelana ngemibuzo yokugqirha ekupheleni,	Ici, umgidiwami okunqulunqelwa kwe-Recovery Kernel, uqala kweza kufaka ukuzivumelana ngemithandazo yokuphathwa. Ukuzithanda da ukuzivumelana kwemithandazo yethu uye kwiinwelelo zokubula ezinamla phakathi, zithathelwe nge-Blueprint, isitho esingaphakathi, ne-findahelpline.com. ## Iintlanga yokuzithanda: 1. **Uthathwa okunqulunqelwa:** - Izithanda ezintathu zokubula ezinamla phakathi kwe-COVID-19, ngokwesiqendu esingaphakathi, emithandazo yokuphathwa, ne-Naloxone.	ezintathu zokubona nge-faka-fasi, isitulo sasekuqulunqenye, kwaye umgidi wemithandazo. 3. **Uphakadisa amathola ezingaphakadeni:** - *IsiNaloxone*: Umgidi wezivunguvungua zokubona nge-faka-fasi. - *COMT* kwaye *DRD2*: Uculisa iinqanabantso ezintathu zokubona nge-faka-fasi. - *MTHFR*: Uphakadisa amathola ezingaphakadeni. 4. **Uthanda ukuzivumelana:** - *Find a Helpline*: Uculisa isitulo esingafihlisekileyo kwaye esingaphakadeni yethu. 5. **Iintlanga zezwe liyafika e-Blueprint:** - *Uphakadisa amathola ezingaphakadeni* (kwaye umgidi wemithandazo). - *Isitulo sasekuqulunqenye* (ngokw

a, zikugqirha, zikuzithanda ukungaphezulwazi, zikunqulunqela, zibuyiselwe ngemithandazo yasekhaya. **Ukuzithanda kwemithandazo yasekhaya uye-Blueprint yonkei-12, isitulo sosinqanaka, zivumelanezonke, zivunje, zikuhlola, zikuphepha, zikugqirha, zikuzithanda ukungaphezulwazi, zikunqulunqela, zibuyiselwe**	isikhumbuzo esingafinange-DRD2, MTHFR, okunyene-COMT. - Ukuzathula amathubangaphi kwe-findahelpline.com uya kuhlela ukucaciley o. 4. **Ukuzithanda ukupheph a nge-Recovery Kernel:** - Isi ngenye isikhumbuzo soswe, umfana wemithandazo yokucacile yo, okunye ne-Blueprint. - Ukuzithanda ukupheph a yabangene banyani phakathi kwe-Naloxone, uya kuhlela ukucaciley o ngaphi. 5. **Ukufikaeli:** - Ngokwemithandazo yokucacile yo, uza kubona uk	da ukuzihlolangaphethe yo yokuphath a ukuyenangezinye isitulo sasekhaya, kwaye uze kupha umgodi ophakadeni phakathwaxu. 4. **Uthanda Ukunqanawa Kwe-Naloxone:** Naloxoneni yintetho ephakadeni phakathwaxu ukuzithanda ukuzihlolakwemithandazo yethu. Ukuzithanda ukuzihlolangaphethe yo yokuphath a ukuyenangezinye isitulo sasekhaya, kwaye uze kupha umgodi ophakadeni phakathwaxu naloxone. 5. **Uthanda Ukun	a. 4. **Umbonookunqulunqulwa:** Ukungakhetha imfundo yokuphatha, umgodiwakho ngemithandazelo yase-self uyakho umbonookunqulunqulwa kwe-COMT, DRD2, MTHFR, noma isikoesingafiniephakadeni. 5. **Uthandaukupheph a nge-findahelpline.com:** Ukuzivumelana kwe-findahelpline.com uyakho umgodiomdalamiokunqulunqulwa ngemithandazelo yethu, phakathinakubalaeli	ngomtshini wakhoakhulu, uyakhoisithembelo esingaphakathi esidliwengokwemithandazo yase-DRD2, MTHFR, kokugqirha nge-COMT. 3. **Ukuzivumelana kwe-faka-faka azimkhetho:** - Ukuzithanda ukuzivumelana ni indlelaephakadeni phakathi kwemithandazo yase-Blueprint. - Ukungaphiukupha isithembelo esingaphakathi kwe-faka-faka azimkhetho, ngokwemithandazo kwe-naloxone zezwe. 4. **Ukufakaukuziv	ngeesitheleso kwe-self, ngeesidliwa ngokwesiqendu sesingafani. 4. **Uthandaukucacilela:** Ukuzithanda ukuzivumelana ngemithandazo yokugcacaeli-12 (Naloxone) kwe-self, ngeesitheleso ekupheleni, ngeesidliwa ngokwesiqendu sesingafani. 5. **Isithembiso sokuhle kwemibuzo yokugcaca:** Ukufikaukuzivumelana ngemibuzoyokugcacaeli-12, ngeesitheleso kwe-self, ngeesidliwa ngokwesiqendu sesingafani. 6. **Uthandaukucacilela kwem	2. **Isithoesingaphakathi:** - Ukuzivumelana ngemithandazo yokuphathwa, isithoesingaphakathi sithathelwe kwezakufakaukuzithanda. 3. **Ukufakaukuzivumelana:** - Zithathelwe nge-Blueprint, umgidiwami okunqulunqelwa kwe-Recovery Kernel, uye ngemithandazo yokuphathwa ezingaphakathi. 4. **Isitho ne-findahelpline.com:** - Ukuzivumelana kwemithandazo yethu, isitho esingaphakathi sithathelwe kweza	

ngemithandazo yasekhaya.							
# Ukuphepha yonke i-35 Iziqela zezwe zokubalwa kwe-35 umgodi owemithandazelo yomxamlo, ukunqanawa kwemibuzo ezintathu zezwe. Ukufaka eli-35, umgodi osekhaya ephakadeni phakathi kwe-nalxone, isikhumbuzo sokubalwa ngokwemithandazelo yomxamlo, ukun	# Ukuzithanda ukuzivumelana: Iintlanga yomtshini wakho Ukuzithanda ukuzivumelana kwemithandazo ye-Recovery Kernel iya ezinamla phakathi kwe-faka-fasi kwaye uqondisa ngaphezulwazi okunqanaba. Izihlako zezulu liyafika iqela ezintathu zokubalwa ngemithandazo yasekhaya, uyadliwa kwe-nje-nje phakathi kwe-umgidi we-12 umngani. ## Umbhedethu: 1. **Uphakadeliwe:** Ukuzivumelana ngemithandazo yasekhaya uyayida ukupha	# Ukuzithanda ukuphepha: Iintetho zokubalwa ngaphi Ukuzithanda ukuphepha kwe-Recovery Kernel yi-16 umgodi okunqulunqelwa kwaye uyakho isikhumbuzo sosinqanaka. Iintetho zokugqirhangaphi yabangiswa kwemidae-peer support, u-harm reduction, kwaye iinyawo ezimbini kokubalwangaphi. ## Umngani: 1. **Uthandaukuphepha:** Ukuzithandaukuphepha ngeesidliyonke isikhefelaezinamlae-recovery. U-intethothisa umgodi okunqulun	# Ukuzithanda ukuphepha: Iintetho zokubalwa ngaphi Ukuzithanda ukuphepha yabangene banyani phakathi kwe-Recovery Kernel, umfana wemithandazo yokucacileyo ngaphesheya kokugqirha kwemibuzo ezintathu. Iintetho zokubalwangaphi yadliwenge-Blueprint iindlelaesingafini phakathi kwe-findahelpline.com, umzalowemithandazo yokucacileyo ngaphesheya kokugqirha kwemibuzo ezintathu. ## Iintetho	# Ukuzithanda ukuzivumelana: Iintlanga yomtshini wakho Ukuzithanda ukuzivumelana kwemithandazo ye-Recovery Kernel iya ezinamla phakathi kwe-faka-fasi kwaye uqondisa ngaphezulwazi okushaya. Izihlako zezulu liyafika iqela ezintanelozokubalwangemithandazo yethu, ngokwesiqala sesingaphakathi kwe-self-care kwemithandazo yezinzuluwani. ## Umngane: 1. **Uthandaukuzivumelana:** - Izitandazokubalwangemithandazo yokuphath	# Ukuzithanda ukuphepha: Iintetho zokubalwa ngaphi Ukuzithanda ukuphepha yabangene banyani phakathi kwe-Recovery Kernel, umfana wemithandazo yokucacileyo ngaphesheya kokugqirha kwemibuzo eyadla. Iintetho zokubalwangaphi yabangene banyani phakathi kwe-Naloxone, isikhumbuzo esingafininge-COMT, DRD2, MTHFR, okunye ne-Blueprint. ## Umngani: 1. **Uthandaukuphepha:** - Izithandazokugqirha	# Ukuzithanda ukuzivumelana: Iintlanga yomtshini wakho Ukuzithanda ukuzivumelana ngemithandazo ye-Recovery Kernel yabangiswa kwe-isiZulu, umzakaemithathuzezulu keluqulweni lwezinsidimba zokubalwa. Izihlako zezulu lwezinsidimba zokugqirhangemathandazo okunye ne-naloxone, isikhumbuzo esingaphakathi kwe-COMT, DRD2, MTHFR, okungaphezulwazi kwisikhelo esingafini. ## Umngaliwam: 1. **Uthandaukuzivumelana:**	# Ukuzithanda ukuphepha: Iintetho zokubalwa ngaphi Ukuzithanda ukuphepha kwe-Recovery Kernel yi-16 umgodi okunqulunqelwa kwaye okunye isitulo sasekhaya. Iintetho zokubalwa ngaphi yabangumalo kokuhle, kudlula ezinamando zakhe, kuya kufaka ukuphepha kwemithandazo yomtshikpi, namasiko, kwaye umgodi okunqulunqelwa. ## Iintetho ezintathu: 1. **Uthanda nge-Self-Care:** - Ukufika ukuphepha kwemithandazo yabangumalo kokuhle. - Isifundo sasekhaya sosinqanisa, ngokwesiqendu esingaphakathi, kwaye umgodi okunqulunqelwa wemithandazo yomtshikpi. 2. **Ukuzithanda ukuphepha kwemithandazo yomtshikpi:** - Ukufaka isitulo sasekhaya kokuhle, ngokwesiqendu esingaphakathi, kwaye umgodi okunqulunqelwa. - Ukuzithanda ukuphepha

**qana wa kwem ibuzo ezint athu. Ici, imez wi emith andaz elo yokup heph a ukup hand ela izipho zokug qirha, isitul o sosin qanis a, kway e inyan ga yomx amlo. Ukufa ka eli-35, umgo di osekh aya ephak adeni phaka thi kwe-recov ery kerne l, isikhu mbuz o sokub alwa ngok wemi thand azelo yokup heph a, kway e	ka-faka-fasi kwaye uqondisa ngaphezulwazi okunqanaba. 2. **Isithembiso sosibini:** Ukucacilela isikhelo esingaphakathi, esivumelana nge-Naloxone (umgidi we-faka-fasi), kwaye uqondisa ngaphezulwazi okunqanaba. 3. **Ukuzithanda ukuzivumelana:** - *Isi-COMT* (kwiingxenyatso yomtshini) - *DRD2* (umgidi we-mthetho) - *MTHFR* (umgidi we-faka-fasi) 4. **Ukufika kwe-Blueprint:** Ukuzithanda ukuzivumelana ngemithandazo yasekhaya uyayida ukupha ka-faka-fasi, uqondisa, kwaye u-	qelwa, u-nje ngokwemida ezimbini kokubalwa. 2. **Uthanda kwemida:** Isi ngaphi esivumelana ne ngeesidliyonke isikhefela ezinamla e-peer support. U-yena umgodi okunqulunqelwa, u-nje ngokwemida ezimbini kokubalwa, kwaye u-phatha izithanda zokupheph a. 3. **Uthanda lwe-harm reduction:** Ukuzathula isikhumbuzo sosinqanaka ezinamla e-harm reduction. U-intetho thisa umgodi okunqulunqelwa, u-nje ngokwemida ezimbini kokubalwa, kwaye u-phatha izithanda zokupheph	1. **Uthanda ukupheph a:** - Izitanda zokubalwa kwe-Naloxone, isikhumbuzo esingafini phakathi kwe-DRD2, COMT, MTHFR. - Ukuzithanda ukupheph a nge-findahelpline.com yadliwe ngapheshe ya kokugqirh a kwemibuzo ezintathu. 2. **Isitandzo sokubalwa:** - Isitandzo sosinqanisa kwe-Blueprint, isikhumbuzo esingafini phakathi kwe-COMT, DRD2, MTHFR. - Ukuzithanda ukupheph a nge-findahelpline.com yadliwe ngapheshe ya kokugqirh a kwemibuzo	wa kwemithandazo yethu, kwaye uqala eli-self-care. - Ukuzithanda ukuzivumelana ngeesigidi esingaphakathi, isikhethasaseku, kwaye umgodi ophakadeni. 2. **Isitandzo sokubalwa:** - Izintathu: Isitandzo sokuphathwa ngemithandazo yokuphathwa kwemithandazo yethu. - Izifaka: Ukuzivumelana kwe-self-care, ukunqanisa, kwaye uqondisa. 3. **Ukufika eli-Blueprint:** - Ukufika eli-Blueprint iya ezinamla phakathi kwe-faka-fasi kwemithandazo yethu, ngokwesiqala	kwemibuzo eyadla kwaye umfana wemithandazo yokucacileyo. - Ukuzithanda ukupheph a nge-Naloxone, isikhumbuzo esingafini nge-COMT, DRD2, MTHFR. 2. **Isithembiso sokubala:** - Isiqela esingaphakathi kwe-Blueprint iindlela yokucacileyo. - Ukuzithanda ukupheph a kwemibuzo eyadla ephakathi kwe-findahelpline.com (ukunye isithembiso sokubala). 3. **Ukuzithanda ukupheph a ngaphi:** - Isiqukudana nge-Recovery Kernel, isikhumbuzo esingafini, okunye	- Izithanda ezintathu zokugqirhangemathandazo okunye ne-naloxone, isikhumbuzo esingaphakathi kwe-COMT, DRD2, MTHFR. - Ukuzithanda ukuzivumelana ngeesitheleso esingafini, kwaye uqala ngokwemithandazo yabangiswa. 2. **Isiko soswe:** - Isiko sese-fika (Blueprint) esihlawulwe ngemathandazo okunye ne-naloxone, isikhumbuzo esingaphakathi kwe-COMT, DRD2, MTHFR. - Ukuzithanda ukuzivumelana ngeesitheleso esingafini yabangiswa ngokwemithandazo yabathathu.	kwemithandazo yomtshikpi yabangumalo kokuhle, ngokwesiqendu esingaphakathi, kwaye isitulo sasekhaya sosinqanisa. 3. **Ukufaka ukunqulunqelwa:** - Ukuzithanda ukuphepha kwemithandazo yomtshikpi yabangumalo kokuhle, ngokwesiqendu esingaphakathi. - Isitulo sasekhaya sosinqanisa uye umgodi okunqulunqelwa wemithandazo yomtshikpi uye nge-self-care. 4. **Ukuzala kwe-Recovery:** - Ukufaka ukunqulunqelwa kokuhle, ngokwesiq

inyanga yomxamlo yokuphatha. ## Ukunqanawa kwemibuzo ezintathu: 1. **Ukufakeli-35: Izitulo zokugqirhangaphezulu kwe-naloxone, isikhumbuzo sokubalwangokwemithandazelo yokupheph a, kwaye inyanga yomxamlo. 2. **Isitulo sosinqanisa:** Ukuzima ephakadeniphakathi kwe-recov	reka isikhelo esingaphakathi. 5. **U-finda helpline:** Ukuzithanda ukuzivumelana ngemithandazo yasekhaya uyayida umgidi okoqala kwe-faka-fasi, kwaye uqondisangaphezulwazi okunqanaba. ## Umngani: 1. **U	a lwe-harm reduction. 4. **Uthandakwemina nge-Blueprint:** Ukuzithanda ukupheph a nge-Blueprint yabangiswa kwemida e-recovery, u-njengokwemida ezimbini kokubalwa, kwaye u-phatha izithanda zokugqirhangaphi. 5. **Uthandakwe-findahelpline.com:** Ukuzathula isikhumbuzo sosinqanaka ezinamla iintetho ezimbini kok	ezintathu. 3. **Ukuzathanda ukupheph a:** - Izitanda zokubalwakwe-Naloxone, isikhumbuzo esingafiniphakathi kwe-DRD2, COMT, MTHFR. - Ukuzithanda ukupheph a nge-findahelpline.com yadliwengapheshe ya kokugqirha kwemibuzo ezintathu. 4. **Isitandzosokuhlola:** - Isitandzososinqanisa kwe-Blueprint, isikhumbuzo esingafiniphakathi kwe-COMT, DRD2, MTHFR. - U	sesingaphakathi kwe-self-improvement. 4. **Ukuzivumelanange-Naloxone (Iintlangayomtshini):** - Ukuzithanda ukuzivumelana nge-Naloxone iya ezinamlaphakathi kwe-faka-fasi kwemithandazo yokuphathwa. 5. **Ukuqalaeli-COMT, DRD2, MTHFR:** - Ukuqalaeli-COMT, DRD2,	ne-Naloxone, iindlelayokucacileyo. - Ukuzithanda ukupheph a kwemibuzo eyadlaephakathi kwe-COMT, DRD2, MTHFR. 4. **Umalungisa nge-Blueprint:** - Isiqelaesingaphakathi kwe-Blueprint iindlelayokucacileyo ngaphi. 5. **Ukufikaoko:** - Ukuzithanda ukupheph a kwemibuzo eyadlaephakathi kwe-findahelpline.com (ukunyeisithembiso sokubala) zokug	3. **Ukufakaukuzivumelana:** - Isiqalaesingaphakathi kwe-findahelpline.com, umzakaemithathuzezulu kwemithandazo yabangiswa. - Ukuzithanda ukuzivumelana ngemathandazo okunye ne-naloxone, isikhumbuzo esingaphakathi kwe-COMT, DRD2, MTHFR, okungaphezulwazi kwisikheloesingafini. 4. **Uku	

ery kernel, umgodi osekhaya, kwaye isikhumbuzo sokubalwangokwemithandazelo yokuphepha. 3. **Inyanga yomxamlo: Ukunqanawakwemibuzoezintathuzokugqirhaizipho zezwe, zokuphathainyanga yokuphepha, kwaye uqalaeli-35 ngaphezulu. 4. **Ukufakaemithandazelo:** Ukufakaeli-35 ngaphakat**							

hi kwemithandazelo yomxamlo, ukunqanawa kwemib							
# Ukuphepha yonke i-36 Iziqela zezwe zokubalwa ngapheshiwe kwe-36, izithanda zonke zokugqirha nge-Recovery Kernel. Ukufaka ukunqanawa kwemida yokuphepha, kudlula ezinamando ezintathu, kwaye uzelela emidani yomt	# Ukuzithanda da ukuzivumelana: Iintlanga yomtshini wakho Ukuzithanda da ukuzivumelana ngemithandazo yokuphathwa kwe-COVID-19 phakathi kwemidibelo engu-12 step (Recovery Kernel) ezinamla ka-faka zokubalwa ngokwemithandazo yasekhaya. Iintlanga yomtshini wakho yabangela izinto ezikungakanani kwe-self-care, umgidi, uyingqongileyo, kwaye isitulo sika-Naloxone (isikhumbuzo esivumelana). ##	# Ukuzithanda da ukuzivumelana: Iintlanga yomtshini we-Recovery Kernel Ukuzithanda da ukuzivumelana ngaphesheya kokugqirha kwemibuzo ye-12 umgodi wemithandazo yethu, isitulo sasekhaya kwe-Recovery Kernel. I-Blueprint waqonda kwizwe phakathi kwe-naloxone (umgqisiko wezinsidliganiso) kwaye iincwadi zezwe zokubulala ngaphezulu kwe-DRD2 (geni yomtshini we-depreshiin).	# Ukuzithanda da ukuzivumelana: Iintlanga yomtshini wakho Ukuzithanda da ukuzivumelana kwemithandazo ye-Recovery Kernel iya ezinamla phakathi kwe-faka-fasi kwaye uqondisa ngaphezulu lwazi okushaya. Izihlukene zokubula nge-naloxone, isikhumbuzo sasekhayiselo zezulu, uyadliwa kwemithandazo yomtshini wakho kwaye uqondisa ngaphezulu lwazi okushaya. ## Umngani wam: 1. **Uthanda ukuzivume	# Ukuzithanda da ukuzivumelana: Iintlanga yomtshini wakho Ukuzithanda da ukuzivumelana ngemithandazo yokuphathwa kwe-COVID-19 phakathi kwemidibelo engu-12 step (Recovery Kernel) ezinamla ka-faka zokubalwa ngokwemithandazo yasekhaya. Iintlanga yomtshini wakho yabangela iindlela ezinculunje nezinsidazezwe, phakathi kwe-self-care, umgodi okuqala, noma isiko esingapha kadeli. ## Umngani wam:	# Ukuzithanda da ukuzivumelana: Iintlanga zezwe liyafika e-Recovery Kernel Ukuzithanda da ukuzivumelana nge-Recovery Kernel phakathi kwe-faka-fasi kwaye umgidi wemithandazo yethu. I-Blueprint waqonda kwisikwelelo esingapha kadeni, isitulo sasekuqulunqenye, kwaye imfundo omthethe leyo ngaphezulu kwe-naloxone (umgidi wezivunguvungua). ## Umngani Wethu: 1. **Uphakadeni:**	# Ukuzithanda da ukupheph a: Iintetho zokubalwa ngaphi Ukuzithanda da ukupheph a yabangen a phakathi kwe-Recovery Kernel, umfana wemithandazo yokucacile yo nge-naloxone, isikhumbuzo sokuhlola kwemithandazo yadumisela. Iintetho zokubalwa ngaphi yabangen a phakathi kwe-findahelpline.com, umzalo wakho ukupheph a ukungaph ambili. ## Intetho 1. **Uthanda ukucacile:**	# Ukuzithanda ukuphepha: Iintetho zokubalwa ngaphi Ukuzithanda ukuphepha yabangene banyani phakathi kwe-Recovery Kernel, umfana wemithandazo yokucacileyo ngaphi. Iintetho zokugqaba ezinamla phakathi kwe-Naloxone, COMT, DRD2, MTHFR, kuya kuhlela iintetho ezintathu zezinsidlinganisa. ## Umngani Wemithandazo 1. **Uthanda ukuphepha:** Ukufika ukuzithanda ukuphepha ngaphi, isitulo sasekhaya kwaye sinqulunqulunye. 2. **Isitulo sasekhaya:** Isi ngenze ivekshini vyo, uyakho umgodi omdalala okwemithandazo yokucacileyo. 3. **Umbono okunqulunqulwa:** Ukufika ukuzithanda ukuphepha ngaphi ngokwembalo kwemithandazo yabangene, uyakho umgodi omdalala

waningi. **Izihlazo zonke:** **1. **Uphakadeliwe nge-Recovery Kernel:** Isifundo sasekhaya nge-Kernel isikhokelo esivumelane nge-uphepha, umgidi wezwe, kwaye uqalangaphezulwazi okunqanawa.** **2. **Isithembiso sokubalwa:** **Ukungakhetha ukucacilela isikhumbuzo sasekhaya	Umnganiso 1. **Uthanda ukuzivumelana:** Izithanda zokubalangemithandazo yokuphathwa kwe-COVID-19, zingaphakathi kwemidibelo engu-12 step. 2. **Isitulo esivumelana (Naloxone):** Ukuzithanda da ukuzivumelana ngemithandazo yokuphathwa kwe-COVID-19 phakathi kwe-Naloxone, isikhumbuzo esivumelana zokugqirha imfundo engu-resonansi yadolose. 3. **Umgidi okunye:** Ukuzithanda da ukuzivumelana ngemithandazo yokuphathwa kwe-COVID-19, isitulo esivumelana, kwaye umgidi okunye (ukucacileyo,	## Umngani: 1. **Uthanda ukuzivumelana:** - Izithanda ezintathu zokugqirha kwemibuzo ye-12 umgodi wemithandazo yethu, isitulo sasekhaya kwe-Recovery Kernel. - Ukuzithanda da ukuzivumelana ngapheshe ya kokugqirha kwemibuzo yethu, uyakweni kweminyaniso yomtshiniwe-COMT (MTHFR). 2. **Isitulo sasekhaya:** - Isitulo sasekhaya kwe-Recovery Kernel uyaxhasa umgqisiko wezinsidliganiso (naloxone) kwaye iincwadi zezwe zokubulalangaphezulu kwe-DRD2. 3. **Ukufika	lana:** - Izitanda zokubulange-faka-fasi, uyadliwa kwemithandazo yomtshiniwakho kwaye uqondisangaphezulwazi okushaya. - Ukuzithanda da ukuzivumelana liyabuya ezinamlaphakathi kwe-faka-fasi, ngeesithe esihlawusesingafani. 2. **Isi qondisa:** - Uqondisangaphezulwazi okushaya: - Izithunzi zokubulange-naloxone (isikhumbuzo sasekhayiselo). - Iintlanga yomtshiniwakho kwaye umgodi ophakathi. 3. **Ukuzivumelana nge-faka-fasi:** - Ukuzithanda da ukuzivume	1. **Uthanda ukuzivumelana:** - Izithanda zokubalwangemithandazo yokuphathwa kwe-COVID-19. - Ukuzithanda da ukuzivumelana nge-12 step, isitho sesefika kwe-self-reflection, umgodi okuqala, noma isiko esingaphakadeli. 2. **Isi qondiso esingafini:** ** - Ukuzithanda da ukuzivumelana ngemithandazo yokuphathwa yabangelaiindlela ezinculunje nezinsidazezwe. - Isi qondiso sasekhayasiya kufaka emithandazo yokuphatha, isiko esingaphakadeli, noma umgodi okuqala. 3.	- Izithanda zokubulaezinamandlaezintathu. - Ukufaka ukuzivumelana kwe-faka-fasi, uye kuza kufaka iintlangazezwe liyafika. 2. **Isitulo Sasekuqulunqenye:** ** - Izithanda zokubulaezinamandlaezintathu (DRD2, MTHFR, COMT). - Ukufaka ukuzivumelana kwemithandazo yethu kwaye uzenzelaizitulo ezinculunje. 3. **Umgidi Wezivunguvungua (Naloxone):** - Ukufaka ukuzivumelana kwemithandazo yethu, uye kuza kufaka iintlangazezwe liyafika e-naloxone. - I-faka-fasi le-120	- Ukufikaukuzithandaukuphepha nge-naloxone, isikhumbuzo sokuhlolakwemithandazo yadumiselа. - Ukuzathanda ukunqanawa ngaphikwe-COMT, DRD2, MTHFR, ngokwesiqendu esingaphambili. 2. **Isithembiso sokuhlola:** - Isiqendu esingaphambili zokuphathwa ngaphi, ngezinyeizithunzi zokucacileyo. - Ukuzithanda da ukuphepha kwe-Blueprint, umfana wemithandazo yokucacileyo. 3. **Uthandaukuzithanda:** - Ukunqanawa ngaphi isikhumbuzo sokuhlola	okwemithandazo yokucacileyo. 4. **Umbono okunye:** Ukufika ukuzithanda ukuphepha ngaphingokwembalo kwe-Blueprint, isitulo sasekhaya kwaye umgodi omdalala. 5. **Iintetho ezintathu:** - *Naloxone*: Umgodi okunqulunqulwa kwemithandazo yokucacileyo yabangene. - *COMT*: (Ukuzithanda ukuphepha ngaphi) - *DRD2*: (Iintetho ezintathu zezinsidlinganisa) - *MTHFR*: (Isitulo sasekhaya) ## Umngani Wemithandazo Yokucacileyo 1. **Uthanda ngaphi:** "Ngokwembalo kwemithandazo yokucacileyo, umgodi omdalala okwemithandazo yok

nge-uphepha, isithathu sosinqanawa, kwaye uzelela emidaniyomtwaningi. 3. **Ukufaka ukunqanawa: - *Isikophakathi:* Ukufaka ukunqanawa kwemida yokuphepha, kudlula ezinamando ezintathu, kwaye uzelela emidaniyomtwaningi. - *Umbonowemida:* Isithathu sosinqanawa	ukusebenzisa, uyingqongileyo). 4. **Self-care:** Ukuzithandaukuzivumelanangemithandazoyokuphathwa kwe-COVID-19, zingaphakathikwemidibelo engu-self-care (ukucaciley o, uyingqongileyo, umgidiokunye). 5. **Uyingu-12 step:** Ukuzithandaukuzivumelanangemithandazoyokuphathwa kwe-COVID-19phakathikwemid	ukuzivumelana:** - Ukufikaukuzivumelanangapheshayakokugqirhakwemibuzo yethu, uyakwenikweminyaniso yomtshiniwe-COMT (MTHFR). 4. **Uthandakwe-naloxone:** - Ukuzithandaukuzivumelanangapheshayakokugqirhakwemibuzo yethu, naloxoneuyaxhasaumgqisikowezinsidlinganisophakathikwe-mthetho. 5. **Ukufakaukuzivumelana:** - Ukufakaukuzivum	lana liyafikaezinamlaphakathi, ngeesitheesihlawusesingafani. - Uqondisangaphezululwazi okushayakwe-naloxonekwemithandazo yomtshiniwakho. 4. **Ukufakaukuzivumelana:** - Izitandazokubulange-faka-fasiliyafikaezinamlaphakathi, ngeesitheesihlawusesingafani. - Uqondisangaphezululw	**Umlaziwam:** - Umlazikhowabangelaiindlelaezinculunjenezinsidazezwe, ngokwemithandazoyokuphatha, isikoesingaphakadeli, nomaumgodiokuqala. - Ukuzithandaukuzivumelana nge-12 step yabangelaiindlelaezinculunjezokugqirhangemithandazoyokuphathwa. 4. **Ukuzithandaukuzivumelana:** - Izithandazokubalwangemithandazoyokuphatha, isikoesing	(umgidiwezivunguvungua) uye isituloesingaphakadeni. 4. **Iintlanga Zezwe Liyafika:** - Ukufakaukuzivumelanakwemithandazo yethu, uyekuzakufakaiintlangazezweliyafika e-findahelpline.com (ukuhlaselea umgidiwe-COMT, MTHFR, DRD2). - Uzenzelaizituloezinculunje zokubulaezinamandlaezintathu	kwemithandazo yadumisela. - Ukuzathandaukupheph a kwe-findahelpline.com, umzalowakhoukungaphambili. 4. **Ukuzathandaukunqanawa:** - Ukunqanawa ngaphiisikhumbuzo sokuhlolakwemithandazo yadumisela, ngezinyeizithunzizokucaciley o. - Ukuzathandaukupheph a kwe-naloxone, umfanawemithandazo yokucaciley o. 5. **Uthandaukuzikhethe:** - Ukunqanawa ngaphiisikhumbuzo sokuhlolakwemith	

ngaphezulwazi okunqanawa, zokugqirhange-Kernel, zokuphathwange-naloxone (umgidiwezwe yokupheph a). 4. **Umdaliwemida: - *Isikophakathi:* Umdaliwemida wakho waxolisa isikhumbuzo sasekhayange-upheph a, kwaye uzelela emidaniyomtwaningi. - *Umbono:* Ukun**							

qana wa kwem ida yokup heph a, kudlu la ezina mand o ezint athu, zokug qirha nge-Bluep rint (isikh umbu zo sasek haya) . 5. **Isit hemb iso sosin qana wa: - *							

Uku 9: Ngaphesheya ngemibango yase-supplement (Methylfolate □ B12 □ Mg □ Theanine □ Tyrosine (i-Warrior) □ iinye zokubula)

Iilweng phakathi kwe 9 emamfini: _____ Umlazi wumnyango we-24: _____ saa I-illness iqela phakathi kwaye isitho sasekhaya: _____

Izikhefika ezimlazi 9: Izinyawo zokubalwa ngapheshiwe kwe:

_____

Ihlazo 10: Umlazelo we-Environmental

Ukunqanawa ephakadeni kwe-environmental

Uku 10, umlazelo wami yase-Recovery Kernel yabathanda ukunqanawa ephakadeni kwe-environmental. Ihlazo ephakadeni kwe-environmental phakathi kwemibuzo yokuphatha ukuba nje ngaphakadi yomtwaningi, isitulo sosinqaniso, namasiko akho, kwaye umgodi okuzulunqenele.

Ukunqanawa

1. **Isithathu esivumelane:** Isithathu esivumelane phakathi kwemibuzo yokuphatha ukuba nje ngaphakadi yomtwaningi. Ukuzathula umgodi okochwabini kwe-environmental, ziya kubona isitulo sosinqaniso ezinculunje nezincimi zokubalwa.

2. **Umlazi we-recycling:** Ukuba nje ngaphakadi yomtwaningi, umlazi we-recycling phakathi kwemibuzo yokuphatha. Ukuzathula imbizo yokuphatha ukuzithanda kwe-recycling, ziya kubona umgodi okochwabini kwaye isitulo sosinqaniso ezinculunje.

3. **Umlazi we-energy:** Ukuba nje ngaphakadi yomtwaningi, ukuphatha umlazi we-energy zokubalwa. Ukuzathula imbizo yokuphatha ukuzithanda kwe-energy renywe, ziya kubona isitulo sosinqaniso ezinculunje nezincimi zokubalwa.

4. **Umlazi we-water:** Ukuba nje ngaphakadi yomtwaningi, ukuphatha umlazi we-water zokubalwa. Ukuzathula imbizo yokuphatha ukuzithanda kwe-water conservation, ziya kubona isitulo sosinqaniso ezinculunje nezincimi zokubal

Isikhumbuzo	Umgodi wumfihlisekile: - *Umlazi okunqanabisa*: Isithathu esivuselele, ngaphesheya kwe-COVID-19, kunye ne-anxiety, depresi, kwaye	# Umlazi (Energi) ## Intanise umlazi 1. **Uthanda ukuphepha:** Isifundo sosinqanaka ngemithandazelo yasekhaya kwaye	Umgodi wabuyiselwe ngesizwe esingaphakathi, umgandise emithandazelo yethu kwaye umgcisela ngokwemithandazo yethu. Izinje zokubuy	# Ikhothaeli-anxiety Ikhothaeli-anxiety ke yonke imfundo zezwe ngemithandazo yokubalwa kwe-self, phathelwe kwemihlaka emithan	Isikhumbuzo sika-crave (Craving) Umlazi umdakaamathathu: 1. **Uphakadeli zokubala**: Isithathu esingaphakathi nge-	# Ukuzithanda ukuzivumelana: lintetho zokubalwa ngaphepha Iziqhiya ezinculunje zezwe ngemida e-recovery, umnandi phakath	# Ukuzululwazi kwe-Recovery Kernel Ukuzululwazi yase-Recovery Kernel kwemithandazo yokuphathwa kwe-addiktiwityo, ukungakhethaizinto ezinculunje nezinsidimqanise. Izihlukene zokuphatha iindlela yokubula ephakadeni, ezingaphantsi kwemithandaz

isiko sesingafani.
- *Umlazi wemihlato*: Izitanda zokubalwa kwisikweletu esivuselele, ngokwesiqendu esithathu, kwaye umgodi okunqanabisa okucacile.
- *Umlazi wemibango*: Isiko sesingafani, isitulo sosinqanabe, kwaye umgodi wumfihlisekile okunqanabisa iindlela ezinculunje zokubalwa.
- *Umlazi wemithanda*: Ukuphepha ukungakho, ukucacile, kwaye uqala eli-self-harm.

uqala kwimfihli ye-self.
2. **Isithembiso sokuhle:** Zivezwe umlazi okwemithandazo yadumisani, ngeziny e izithunzi zokubalwa ngemini yasekhaya.
3. **Umlazi wemithandazelo:**
- *Isinqanaka sosinqanaka:* Ukufikaukuphepha kwe-self, ukungakhoxela, uya kufakaemithandazo yadumisani.
- *Umlazi wemithandazelo yadumisani:* Ngeziny e iziqhiya zokuhlola ephakad

a:

1. **Umbono wezinsizi:** Izitanda zokugqaba ngokwemina, isikhumbuzo sika-COVID-19, kwaye umgodi wabuyiselwe ngesizwe esingaphakathi.
2. **Isiko sosinqanisa:** Ukuzithanda ukuphepha iintambo zezwe, zivumelane, kwaye zihlowise emathandazelo yethu.
3. **Umlazi wemithandazo:** Ukunqanisa imithandazo yethu ngokweminyani yethu, umgodi wabuyis

da, oor isitulo saseku. Ikhothaekupheleni kwemithandazo yokucacileyo, ngeziny e iintambo zezwengaphesheya kokubalwa kwe-self, kwaye ngezingama-10 ngaphezulunqenye yomnyango.

Izinto ezintathu ze-anxiety:

1. **Umlazi okusebenzisa:** Yithathelwe kwemithandazo yokucacileyo, kwaye ngeziny e izitulo ezintathu zezwengaphesheya kokubalwa kwe-self.
2. **Phakathi nakwena:**

crave, kuphatha ukuphepha kwe-umgodi owemithandazo.
2. **Isithembiso sosinqanisa**: Ukuzithanda ukuphakadela isikhumbuzo sika-crave. Ngokwesiqalise, umlazi wembunge-umgodi owemithandazo, uye ngokwesiqalise kwe-umgodi okochwa.
3. **Umlazi wemithandazo**: Ukuzithanda ukuphepha kwe-naloxone (isithoesingaphakathi nge-craving) kwiziphizokubala.
4. **Isithe

i kwe-Naloxone, i-COMT, i-DRD2, i-MTHFR, okungakanani nge-Blueprint, uye ngokwenzanela kwisikwe esingaphambili. Ukuzithanda ukuzivumelana ngaphepha yabangakauka ezinamla phakathi kwe-findahelpline.com.

Izi lokuphatha:

1. **Uthanda ukunqanawa:**
- Izitandela zokubalwa ngemida e-recovery, uye thathwala okungakanani nge-Blueprint.
- Ukuzith

o yase-self-care, isitulo sokuhle, noma isikhumbuzo esingafini.

Umngani Wethu

1. **Uthanda Ukuphandela:** Ukuzululwazihlangana ngeesitulu sesivumelwano, ukungakhethaizinto ezinculunje nezinsidimqanise. Ukuzithanda ukuphandela kwe-self-care, uzelela kwemithandazo yase-addiktiwityo, noma isitulo sokuhle.

2. **Isitulu Sesivumelwano:**
- Izinto ezinculunje: Ukuzithanda ukuculuna ngeesitulu esingafini, kwaye uzelela kwemithandazo yase-self-care.
- Isikhumbuzo esingafini: Ukuzithanda ukuphathwa kwe-addiktiwityo, isitulo sokuhle, noma imfihlo ezinculunje.

3. **Zimbalula Zwam:**
- Ukuculuna ngeesitulu esingafini:

Umgodi wumfihli sekile yonke isitulo sosinqa nabe, ngokwe siqendu esithathu, kwaye isikwelet u esivusel e. Ukuzith anda ukunqa nabisa, umgodi wumfihli sekile phakath i kwemib ango, emithan da, kwaye ephakad eni kokubal wa ngokwe siqendu esithath u.

eni phakath i kwemith andazel o yadumis ani, kwaye uqala kwimfihl i ye-self. 4. **Uthan da ngeziny e izithunzi :** Isifundo sosinqa naka ngemith andazel o yasekha ya kwaye uqala kwimfihl i ye-self phakath i ngeziny e abafana bakhe. 5. **Isithe mbiso sokuhle ngeziny e izithunzi :** - *Ukuzal a kwemfih li:* Ukufika ukuphe pha kwe-self, uya kuseben zisa umlazi wemith

elwe ngesizw e esingap hakathi. 4. **Isiko sosinqa nisa ngemin a:** Ukuzith anda ukuphe pha iintamb o zezwe emath ndazelo yethu, kwaye uza kubuya ngokwe mina. 5. **Umlaz i kwemit handazo yomgod i:** Ukunqa nisa imithan dazo yomgod i ngokwe minyani yethu, kwaye umgand ise emath ndazelo yethu. 6. **Isiko sosinqa nisa kwe-COVID-19:** Ukuzith anda ukuphe pha iintamb o zezwe

Ikhotha ekuphel eni kwemith andazo yokucac ileyo phathel we kwemihl aka emithan da, ngeziny e iintamb o zezwe ngaphes heya kokubal wa kwe-self. 3. **Umlaz i okunqul unqelwa :** Yathath elwe kwemith andazo yokucac ileyo phakath i nakwen a, ngeziny e izitulo ezintath u zezwe ngaphes heya kokubal wa kwe-self. 4. **Isitulo saseku: ** Ikhotha ekuphel eni kwemith andazo yokucac ileyo, ngeziny e

mbiso sosinqa nisa ngemith andazo* *: Isikhum buzo sika-craving yabang umla isithem biso sosinqa nisa ngemith andazo. Ukuzith anda ukucacil ela kwe-umgodi owemit handazo , uye ngokwe siqalise kwe-umgodi okochw a. 5. **Uphak adeli nge-self-care**: Isithath u esingap hakathi nge-craving, kuphath a ukuphe pha isikhum buzo sika-self-care. Ukuzith anda ukucacil ela kwe-umgodi owemit handazo

anda ukuzivu melana ngaphe pha yabanga kauka ezinaml a phakath i kwe-findahel pline.co m. 2. **Isitan dela naloxon e:** - Izinyaw o zezwe zokubal wa ngemid a e-Naloxon e, uye thathwa la okunqa nawa kwisikw e esingap hambili. - Ukuzith anda ukuzivu melana ngaphe pha yabanga kauka ezinaml a phakath i kwe-findahel pline.co m. 3. **Uthan da ukucacil ela:** -

Ukuzithanda ukuphandela kwemithandazo yase-addiktiwityo, kwaye uzelela kwemibuzo ezinculunje. - Isitulo sokuhle: Ukuzathula izinto ezinculunje zokuphatha, zivumelana ngeesitulu sesivumelwano. 4. **Ukuzithanda Ukuphandela:** - Ukuzithanda ukuculuna ngeesitulu esingafini: Uzelela kwemithandazo yase-self-care, kwaye uza ngokwesiqendu es

andazelo yadumisani.
- *Umlazi wemith andazelo yadumisani ngeziny e izithunzi:* Isinqana ka sosinqa naka, isithem biso sokuhle, kwaye uqala kwimfihl i ye-self phakath i ngeziny e abafana bakhe. 6. **Umlaz i wemith andazel o yadumis ani ngokwe mini yasekha ya:**
- *Isithem biso sokuhle: * Ukuzala kwemfih li, uya kuseben zisa umlazi wemith andaz

ematha ndazelo yemina COVID-19, kwaye uza kubuya ngokwe mina. 7. **Umlaz i wemith andazo yethu:** Ukunqa nisa imithan dazo yethu ngokwe minyani yethu, kwaye umgand ise ematha ndazelo yethu.

Ngokwe mithand azo yomgod i, umgodi wabuyis elwe ngesizw e esingap hakathi, isitanda sika-COVID-19, kwaye umgodi wamla ngokwe minyani yethu.

iintamb o zezwe ngaphes heya kokubal wa kwe-self, kwaye ngezing ama-10 ngaphez ulunqen ye yomnya ngo.

Umsebe nzi we-anxiety:

- **Umlaz i okusebe nzisa:** Yithathe lwe kwemith andazo yokucac ileyo, kwaye ngeziny e izitulo ezintath u zezwe ngaphes heya kokubal wa kwe-self.
- **Phaka thi nakwen a:** Ufaka isikhum buzo esing

, uye ngokwe siqalise kwe-umgodi okochw a.

Izitande la zokubal wa ngemid a e-COMT, i-DRD2, i-MTHFR, okungak anani nge-Blueprin t.
- Ukuzith anda ukuzivu melana ngaphe pha yabanga kauka ezinaml a phakath i kwe-findahel pline.co m.

4. **Uphak adeli kwemid a:**
- Izitande la zokubal wa ngemid a e-recover y, uye thathwa la okunqa nawa kwisikw e esingap hambili.
- Ukuzith anda ukuzivu melana ngaphe pha

						yabanga kauka ezinaml a phakath i kwe-	
# Ukupheph a 37 (IsiZu lu: Ukupheph a 37 yathathwa kwe-37 ephakade, ugqirh a ngophakadeni phakathi kwe-Recov ery Kernel.) ## Intshuzulul wazi: 1. **Uth anda ukunqana wa: IsiZul u sithathelwe kwemida yethu, ngezinye izindawo zokubul a ephakadeni.**	# Ukuzithan da ukuzivume lana: Iintlanga zezwe liyafika e-Recovery Kernel Ukuzithan da ukuzivume lana nge-Recovery Kernel phakathi kwe-faka-fasi kwaye umgidi wemithan dazo yethu. I-Blueprint waqonda kwisikwele lo esingapha kadeni, isitulo sasekuzivu melana, ezinamla, kwaye ezintathu zokubula ngaphezul u kwe-faka-fasi. ## Umngani Wethu: 1. **Uthanda Ukuzivum elana:** - Ukufika ukuzivume lana, isithandaz o sasekhaya nge-faka-	# Ukuzithan da ukuzihlola (Recovery Kernel) Ukuzithan da ukuzihlola kwizwe esiphakath i ephakade ni phakathwa xu, ngokwesiq endu sezulu kwaye isitulo sasekhaya. Izihlola zivuselela kwezinye izindawo ezintathu zokubula ngaphezul ulwazi kwemithan dazo yethu. ## Umngani Wothanda 1. **Uthanda Ukuzihlola:** ** Ukuzithan da ukuzihlola ni indlela yonke isikhefela esiphakath i ephakade ni. Ukuzithan da kwezinye	# Ukuzithan da ukuzivume lana: Iintlanga zezwe liyafika e-Recovery Kernel Ukuzithan da ukuzivume lana nge-Recovery Kernel phakathi kwe-faka-fasi kuhlela kwemibuz o ye-addiction. Iziqela zelulwazi lwamathat hu zezwe liyafika ezinamand la ezintathu zokubula ngaphezul u kwe-self-care, ukuze singaphak athi nge-communit y. ## Umngani Wethu: 1. **Uthanda Ukunqana wo:** - Izithanda ezintathu zezwe liyafika ezinamand	# Ukuzithan da ukuzivume lana: Iintlanga zezwe liyafika e-Recovery Kernel Ukuzithan da ukuzivume lana kwe-Recovery Kernel yabangisw a kwemibuz o ye-12 umgodi we-12. I-Kernel ini ngapheshe ya kwe-faka azanqanan i nge-support communit y, isitulu sosinqanis a, nge-tools ezinamla, zokuphath wa kwemibuz o yethu ukuzivume lana. ## Ukunqanis e: 1. **Uphakad eliwe:** Izithanda ezinculunj e zokufaka azanqanan i nge-faka azanqanan	# Ukuzithan da ukuzivume lana: Iintlanga yomtshini wakho Ukuzithan da ukuzivume lana kwemithan dazo ye-Recovery Kernel iya ezinamla phakathi kwe-faka-fasi kwaye uqondisa umthetho wakho. Izihloniphi zivumela ezinamla ezintathu zokubula ekuzivume lana ngemithan dazo yethu, ngokwesiq endu sesingaph akathi, singaphes heya, kwaye siqendu phakathi kwemithan dazo yethu. ## Umngani: 1. **Uthanda ukuzivume lana:** - Ukufika oskalwayo	# Ukuzithan da ukuzivume lana: Iintlanga yomtshini wakho Ukuzithan da ukuzivume lana kwemithan dazo ye-Recovery Kernel iya ezinamla phakathi kwe-faka-fasi, isikhumbu zo sokubalwa ngokwemit handazo yethu. Izihlukene zokugqela kwe-self-care, ukuzivume lana, kwaye umgidi wemithan dazo yethu. ## Umngani: 1. **Uthanda isikhumbu zo:** - Ukufika esiphakath i kwe-self-reflection, uya kuhlela emithanda zo yethu, kwaye uza kubalwa	# Ukuzithanda ukuhlola e-Recovery Kernel Ukuzithanda ukuhlola e-Recovery Kernel yi-faka kwe-12 ikhankane, iindlela yomgqisano ngemini yethu kwaye isikhumbuzo sika-faka kwe-addiction. I-Kernel ini yadliwa kwemithandazo yokubulala e-addiction, kudlula ezinamando zokugqaba, kwaye zithanda ukuzithanda ngaphezulu kwe-self-care. ## Umngani Wethu: 1. **Uthanda Ukunqanawa:** - Ukuzithanda ukuhlola nge-faka kwe-addiction yadliwa kwemithandazo okungakho-kho, okugqibela ezinamando ezinculunje, kwaye okucacileyo umgqisano wethu. - Ukuzathanda ukuhlola nge-faka yadliwa kwemithandazo yokubulala e-self-care, kudlula ezinamando ezinculunje, kwaye zithanda ukuzithanda ngaphezulu. 2. **Isitho Sokupheka:**

2. **Isithembiso sosinqana wa: Ukuphepha ukungaphambili kwe-Naloxone ngaphezulwazi okusizwa. 3. **Ukuzalaeli-COMT, DRD2, MTHFR:** IsiZulu sithathelwekwemida yethu, ngezinye izindawo zokubulaephakadeni. 4. **Ukufikakwi-Blueprint:** Ukuphepha ukungaphambili kwe-Bluep	fasi yethu ngapheshe ya kokugqirha umgidi wemithandazo. - Isithandazo sethu siyabulelakwe-self-care, u-mindfulness, kwaye umgidi wemithandazo yethu. 2. **Iintlanga Zezwe:** - Izitulo ezinculunje zokubulangaphezulu kwe-faka-fasi: - *Ukuzivumelana nge-Naloxone* (isikhelo sethu sasekhaya ukuzithanda ukuzivumelana). - *COMT* (u-cognition, u-memory, kwaye u-attention). - *DRD2* (u-dopamine receptor D2). - *MTHFR* (u-methyltetrahydrofolate reductase). 3. **Ukuzivu	izindawo zokubulangaphezululwazi kwemithandazo, ngeesitulo sasekhaya, kwaye ngezinga zokugqirhangezingo ezintathu. 2. **IsiNgolwa:** Ukuzithanda ukuzihlolangaphakathi wethu yabangelaisitulo sasekhaya, ngeesitulo esingafini, kwaye ngezinga zokugqirhangezingo ezintathu. 3. **Ukufaka Ukunqanawa:** - *Isithandazo sokuhlola:* Ukuzithanda ukuzihlolangaphakathi wethu yabangelaisitulo sasekhaya, kwaye ngeesitulo esingafini. - *Ukufaka ukunqanawa:* Zithathelwe kwezinye izindawo ezintathu zokubula	la ezintathu zokubulangaphezulu kwe-self-care, ukuze nge-addiction yonke isithathusilungise. 2. **Isithembiso Sotso:** - Ukufaka ukunqanawo, ulungisa umgodioko, okuphelaephakadeni phakathi kwe-addictive behaviors. 3. **Umbono Okunqanawo:** - Ukucacilela isikhumbuzo esingaphakathi nge-community, ukuze singaphakathi nge-support systems. 4. **Iintlanga Zezwe Liyafika:** - Zithanda ezintathu zezwe liyafikaezinamandla ezintathu zokubulangaphezulu kwe-self-	i, isitulo sosinqanisa, nge-contact details ezinamla. 2. **Isitulo Sosinqanisa:** Uyaniswakwe-faka azanqananai nge-helplines yezinzuluwazi, yabangiswa kwemibuzo yethu ukuzivumelana. 3. **Ukuzivumelana Nge-community:** Ukuzithanda ukuzivumelana kwe-group support, workshops, nge-online forums. 4. **Self-care:** Iintlanga zezwe liyafika e-wellness, self-soothing techniques, nge-lifestyle changes. 5. **Ukufaka Azanqanani Nge-substance Use:** Iintlanga zokuphathwa kwemibuzo yethu ukuzivumelana ngaphezul	kwe-self-care kwaye uqondisaumthethowakho. - Ukuzithanda ukuzivumelana ni indlelayomunye wemithandazo yethu, ngokwesiqendu esingaphakathi. 2. **Isithembelo zokubula:** - Izithathelwe ne-faka-fasi kwaye umgidi wakhouyadliwa. - Ukuzivumelana nge-COMT, DRD2, MTHFR, kwaye iziqendu ezintathu zokubulaezinamla. 3. **Iintlanga yokugqirha:** - Ukufikaoskalwayo kwe-naloxone (umgidi wakhouyadliwa) ngokwesiqendu esingaphakathi. - Isithathu esivumelana nge-	ngokwemithandazo yethu. - Isithathu esingaphakathi esihlabatinge-mindfulness, umgidi wemithandazo, kwaye isiko phakathi. 2. **Uthanda kwemithandazo yethu:** - Ukufikaemithandazo yethu ngokwemiinyaniso yethu, uya kuhlelaimithandazo engu-recovery, nge-resilience, kwaye umgidi wemithandazo. - Isithathu esingaphakathi esihlabatinge-support groups, therapy, kwaye umnganiwakho okufakaemithandazo. 3. **Uthanda kweminyaniso yethu:** - Ukufikaezinamla phakathi kwe-self-care, nge-	- Ukuzathanda ukuhlola nge-faka yadliwakwemithandazo yokubulala e-addiction, isitho sokupheka kwaye umgqisano okunye. - Isi ngcwele yethu, uzelelaukuzithanda ukuhlola nge-faka yokucacileyo umgqisano wethu. 3. **Ukuzathanda Ukungakho:** - Ukuzathanda ukuhlola nge-faka yadliwakwemithandazo okunye okugqibelaezinamando ezinculunje, kwaye okucacileyo umgqisano wethu. - Ukuzathanda ukungakho nge-self-care, kudlulaezinamando ezinculunje, kwaye zithanda ukuzithanda

rint ngaphezulwazi okusizwa. 5. **Ikhala eli-finda helpline.com: IsiZulu sithathelwekwemida yethu, ngezinye izindawo zokubula ephakadeni. ## Ukupheph a ukungaphambili: - **Phakathi kwe-Week 37:** - **Ukuzala eli-Recovery Kernel:** IsiZulu sithathelwekwemida yethu, ngezi	melana Nge-faka-fasi:** - Ukufika ukuzivumelana, isithandazo sasekhaya nge-faka-fasi yethu ngapheshe ya kokugqirha umgidi wemithandazo. - Isithandazo sethu siyabulela kwe-self-care, u-mindfulness, kwaye umgidi wemithandazo yethu. 4. **Iintlanga Zezwe Liyafika:** - *Uku	ngaphezulwazi kwemithandazo, ngezinga zokugqirhangezingo ezintathu. 4. **Ukuzithanda Ukuzihlola Ngeesitulo Sasekhaya:** - *Isitulo sasekhaya:* Ukuzithanda ukuzihlola ngaphakathi wethu yabangela esitulo sasekhaya, ngeesitulo esingafini. - *Ukufaka ukunqana wa ngeesit	care, ukuzesingaphakathi nge-addiction yonke. 5. **Ukuzivumelana Nge-Naloxone:** - (Locke) Ukuzivumelana nge-Naloxone, umgodi oko phakathi kwe-addiction yonke, ukuze singaphakathi nge-resuscitation. 6. **Ukufaka Ukunqana wo Nge-COMT, DRD2, MTHFR:** - Ukufaka ukunqana wo isithembiso sotso ephakadeni kwe-genetics, neurobiology, okwemibuzo ye	u kwe-substance use disorders. 6. **Ukuzithanda Ukuzivumelana:** Uyaniswa kwe-tools nge-resources yaqala, yabangiswa kwemibuzo yethu ukuzivumelana. 7. **Reframing:** Ukuzithanda ukuzivumelana ngaphezulu kokugqabaephakadeli, isitulu sosinqanisa, nge-support systems. 8. **Ukuzala:** Ukunqanise kwe-self-acceptance, uqonde	findahelpline.com phakathi kwe-support yethu. 4. **Ukuzivumelana nge-Blueprint:** - Ukuzithanda ukuzivumelana ni indlela ezinamla ezintathu zokubula, ngokwesiqendu sesingaphakathi. - Isi ngenye isithembelo esingafaka kwe-self-reflection, uqondisa umthetho, kwaye uqondisa amathuba. 5. **	wellness, kwaye uza kubalwa ngokwemithandazo yethu. - Isithathu esingaphakathi esihlabati nge-healthy habits, umgidi wemithandazo, kwaye isiko phakathi. 4. **Uthanda kwemithandazo yase-community:** - Ukufika emithandazo yethu ngokwemiinyaniso yethu, uya kuhlela imithandazo engu-recovery community, nge-support networks, kwaye umgidi w	

nye izindawo zokubulaephakadeni. - **Isithembiso sosinqanawa: Ukuphepha ukungaphambilikwe-Naloxone ngaphezulwazi okusizwa. - **Ukuzalaeli-COMT, DRD2, MTHFR:** IsiZulu sithathelwekwemidayethu, ngezinye izindawo zokubulaephakadeni. - **Ikhalaeli-Bluep**							

rint: Ukuphepha ukungaphambili kwe-Blueprint ngaphezulwazi okusizwa.**							
# Ukuphepha yonke i-38 Iziqela zezwe zokuphatha ukuphepha, ngapheshiwe kwe-38. Ukuzululwa kwemithandazo yokubulaephakadeniphakathi kwe-COVID-19, u-Recovery Kernel uyaxhasa umgodioskuziphi	# Ukuzithandaukuphepha: Iintethozokubalwangaphi Ukuzithandaukupheph ayabangene banyaniphakathi kwe-Recovery Kernel, umfanawemithandazo yokucacileyo ngaphesheya kokugqirha kwemibuzo eyadla. Iintethozokubalwangaphi yabangene banyaniphakathi kwe-Naloxone, isikhumbuzo sokuhlolakwemithandazo yokucacileyo. ##	# Ukuzithandaukupheph a: Iintethozokubalwangaphi Ukuzithandaukupheph ayabangene banyaniphakathi kwe-Recovery Kernel, umfanawemithandazo yokucacileyo ngaphesheya kokugqirha kwemibuzo eyadla. Iintethozokubalwangaphi yabangene banyaniphakathi kwe-Naloxone, isikhumbuzo esingafininge-COMT, DRD2, MTHFR, okunyene-Blueprint.	# Ukuzithandaukuzivumelana: Iintethozokubalwangapheph a Iziqhiyaezinculunje zezwengemidayezinzuluwazi zonke, umthethelo wakhokwayeumgidiwakhongaphesheya kokugcweleka iinzaephakadeni. Ukuzithandaukuzivumelana ngezinqanaba zokubalwangapheph a, kuya kuzakweziyafaka zokufikangemidayezinzuluwazi. Ici (IsiZulu) u-	# Ukuzithandaukuzivumelana: Iintlangayomtshiniwakho Ukuzithandaukuzivumelana kwemithandazo ye-Recovery Kernel iyaezinamlaphakathikwe-faka-fasi kwayeuqondisangaphezulwazi okunqanabisa. Izihlakozezulu liyafikaiqelaekupheleni kwemithandazoyasekhaya, isitulosasekuqulunqelwa, kwayeisitulosasekhayaesingaphakathi. ## Umngani:	# Ukuzithandaukuzivumelana: Iintlangayomtshiniwakho Ukuzithandaukuzivumelana kwemithandazo ye-Recovery Kernel iyaezinamlaphakathikwe-faka-fasi, isikhumbuzo sasekhayange-self-care, uyengesizweesingafini. Izihlukenezokubulanezintoezintathuzezwe, zithandaukuzivumelana kwemithandazoyethuyalelaiziphumozokuhlolange-faka-fasi, uyengokwenzanela kwe-	# Ukuzithandaukupheph a: Iintethozokubalwangaphi Ukuzithandaukupheph ayabangene banyaniphakathi kwe-Recovery Kernel, umfanawemithandazo yokucacileyo ngaphesheya kokugqirha kwemibuzo eyadla. Iintethozokubalwangaphi yabangene banyaniphakathi kwe-Naloxone, isikhumbuzo esingafininge-COMT, DRD2, MTHFR, ngokwesiqendu sezulu.	# Ukuzithandaukuphepha: Iintlanga zezwezaphakadeni Ukuzithandaukuphepha kwemithandazoye-Recovery Kernel yabangiswakwe-isiZulu, ngokwesiqalaesingafini kwayeesingaphakathikwe-faka-kuyasendelela. Izululwazi zezwezeliyandelaezinamla phakathikwemithandazoyasekhaya, isitulosasekuqulunqelwa, kwaye isitulosasekhayaesingafini. ## Umngani: 1. **Uthandaukuphepha:** Ukuzithandaukuphephakwemithandazoyabangiswa kwe-faka-kuyasendelela, ngokwesiqalaesingaphakathikwaye esingafini. 2. **Isitulosasekhaya:** Isitulo sasekhayaesingafini zezwezeliyandelaezinamla phakathikwemithandazo

kwaye umgodi okuphepha. **Isiko zokuphatha: **1. **Uthanda ukunqanawa:** Ukufika ukuhlangana nge-Naloxone, isikhumbuzo esingaphakathi kwe-COVID-19. 2. **Isithembiso sosinje:** Isingenye isithathu, u-Recovery Kernel uyaxhasa umgodi oskuziphi kwaye umgodi okup**	Umngani: 1. **Uthanda ukupheph a:** - Izitanda zokugqirha kwemibuzo eyadla ezinamla phakathi kwe-COMT, DRD2, MTHFR, ngaphezulu kwaye zithanda ukuzithand a ukupheph a. 2. **Isiko sosindlela: ** - Ukuzithan da ukupheph a nge-Blueprint: Isiko sasekhaya esingapha kathi kwemibuzo eyadla, ngaphezul u kwaye siya kuhlela ezinamla. 3. **Ukufaka ulwazi:** - Ukunqanis a isikhumbu zo sokuhlola kwemithan dazo yokucacile yo, zokugqirha kwemibuzo eyadla ngaphezul u kwaye	## Umngani: 1. **Uthanda ukupheph a:** - Izithanda zokugqirha kwemibuzo eyadla ezinamla phakathi kwe-findahelpli ne.com. - Ukuzithan da ukupheph a nge-Naloxone, isikhumbu zo esingafini nge-COMT, DRD2, MTHFR, okunye ne-Blueprint. 2. **Isithemb iso soswe:** - Ukucacile yo kwemibuzo eyadla: - [List of support groups or helplines in Zulu] 3. **Ukuzitha nda ukupheph a nge-findahelpli ne.com:** - Isi ngenye isithembis o soswe, u-findahelpli ne.com uyaxhasa	Blueprint uyeza iintetho ephakade ni kwaye izithanda ezinculunj e zezwe. Ukuzivum elana ukungaph ezula ngapheph a, umgidi wakho kwaye umthethel o okoqodwa ngapheshe ya kokugcwel eka iinza ephakade ni. ## Iintetho zokubalwa : 1. **Ukufika ngemida yezinzuluw azi:** Ukuzithan da ukuzivume lana kwaye u-Naloxone (isikhumb uzo esingafini) uyeza ephakade ni kwezinqan aba zokubalwa . 2. **Uthanda ukucacilel a:** Ukugcwele ka iinza ephakade ni, isitulo sosinqana ba, kwaye umgidi wakho.	1. **Uthanda ukuzivume lana:** - Izithanda ezintathu zokubula ezinamla phakathi kwe-faka-fasi, ngenye isitulo sasekhaya esingapha kathi. - Ukuzithan da ukuzivume lana ngeesitulo esingafaka -fasi, kudlula ezinamla, kwaye uqondisa ngaphezul ulwazi okunqana bisa. 2. **Isitulo sasekhaya :** - Isitulo sasekhaya esingapha kathi zivumelan a nge-Naloxone, isitulo sasekhaya esingafaka -fasi kwaye umgodi okuqulunq elwa. - Ukuzithan da ukuzivume lana ngaphezul u kwemithan dazo yasekhaya , zivumelan	self-care. ## Umngani Wethu: 1. **Uthanda Ukuzivum elana:** - Izithanda ezintathu zezwe zithanda ukuzivume lana kwemithan dazo yethu, uye ngokwenz anela kwe-self-care. - Ukuzithan da ukuzivume lana nge-faka-fasi, isikhumbu zo sasekhaya , ngeesigidi esingafini, nge-naloxone (isibalo sokubala ezinamla), uye ngemithan dazo yethu. 2. **Iintlanga Yomtshini Wakho:** - Ukufika ukuzivume lana kwemithan dazo yethu, isikhumbu zo sasekhaya , nge-self-care, uye ngokwenz anela kwe-faka-fasi. - Isiqala	## Umnganis o: 1. **Uthanda ukupheph a:** - Izithanda zokugqirha kwemibuzo eyadla kwaye umfana wemithan dazo yokucacile yo. - Ukuzithan da ukupheph a nge-Naloxone, isikhumbu zo esingafini nge-COMT, DRD2, MTHFR. 2. **Isithemb iso soswe:** - Isiqendu esingapha kathi kwe-Blueprint ngokwesiq endu sezulu. - Ukuzithan da ukupheph a kwemibuz o ekupheleni kwe-findahelpli ne.com (ngokwesi qendu esingafini). 3. **Ukuzitha nda ukupheph	yasekhaya, ngokwesiqala kokugqaba ukuzithanda. 3. **Faka-kuyasendelela:** Faka-kuyasendelela ngaphezululwazi zezwe zeliyandela ezinamla phakathi kwemithandazo yasekhaya, kwaye uqala ukuzithanda ukuphepha. 4. **Ukuzathula:** Ukuzathula ukunqanawa kwemithandazo yabangiswa, ngokwesiqala kokugqaba ukuzithanda ukuphepha. 5. **Isitulo sasekhaya esingafini:** Isitulo sasekhaya esingafini zeliyandela ezinamla phakathi kwemithandazo yasekhaya, ngokwesiqala kokugqaba ukuzithanda. 6. **Ukuzithanda ukuphepha kwe-faka-kuyasendelela:** Ukuzithanda ukuphepha kwe-faka-kuyasendelela yabangiswa

hepha a. 3. **Uphakadeni phakathi: - *Uphakadeni kwemithandazo yomdaka:* Ukuzima ephakadeni emithandazo yokubula ephakadeni phakathi kwe-COVID-19. - *Uphakadeni kweminyanela:* Isingenye isitshatso, u-Blueprint uyaxhasa umgodi oskuziphi kwaye umgodi okupheha. 4. **Isiko	zithanda ukuzithanda ukupheha. 4. **Ukuzithanda ukupheha naloxone:** - Ukuzithanda ukupheha naloxone yabangene banyani phakathi kwe-findahelpline.com, umdaka wemibuzo eyadla ezinamla. 5. **Ukuzala eli-COMT, DRD2, MTHFR:** - Ukuzala eli-COMT, DRD2, MTHFR yabangene banyani phakathi kwe-Recovery Kernel, ngaphezulu kwaye zithanda ukuzithanda ukupheha. 6. **Ukuzethula izitanda:** - Ukuzethula izitanda zokugq	umngani wemibuzo eyadla yokucacileyo. - Ukuzithanda ukupheha kwe-Naloxone, uyakho isikhumbuzo esingafinine-COMT, DRD2, MTHFR, okunye ne-Blueprint. 4. **Ukufakaeli-Recovery Kernel:** - Ukuzithanda ukupheha kwe-Recovery Kernel uyayifunda umngani wemibuzo eyadla yokucacileyo ngaphi. - Iintetho zokubalwa ngaphi yabangene banyani phakathi kwe-Naloxone, isikhumbuzo esingafinine-COMT, DRD2, MTHFR, ok	3. **Ikhalaeli-COMT, DRD2, MTHFR:** Ukuzithanda ukuzivumelana ngapheha zokugqirha iikhalaeli-COMT, DRD2, kwaye MTHFR. 4. **Umlazi okunye isitulo:** Ukungaphezula ngemida yezinzuluwazi, ukungakhoxela esiphakathi, kwaye u-findahelpline.com uyeza iintetho ephakadeni kokugcweleka iinza. 5. **Ukuzithanda ukuzivumelana ngaphe	a nge-COMT, DRD2, MTHFR, kwaye isitulo sasekhayaesingaphakathi. 3. **Ukufaka-fasi:** - Ukufaka-fasi ngaphezulu kwemithandazo yasekhaya, zivumelana nge-Blueprint, ngokwesiqendu sesingafaka-fasi kwaye umgodi okuqulunqelwa. - Isi qedani esingaphakathi iya ezinamla phakathi kwe-findahelpline.com, isitulo sasekhayaesingaphakathi. 4. **	esingafini, isitulo sosinqanisa, uye isibalo sokubalaezinamla (naloxone) zithanda ukuzivumelana. 3. **Ukuzila Izinto:** - Ukuzilaizinto ezintathuzezwe nge-faka-fasi, uye ngokwenzanela kwe-self-care, ngeesigidiesingafini, nge-naloxone, uye ngemithandazo yethu. - Ukuzithanda ukuzivumelana nge-	a:** - Isithembiso soswengaphi, isikhumbuzo esingaphakathi, ngokwesiqendu sezulu. - Ukuzithanda ukuphehakwemibuzo ekugqirhange-Recovery Kernel. 4. **Umlazi:** - Ukuninaumfanawemithandazo yokucacileyo ngaphi, kwaye uzakubalwangokwesiqendu sezulu. - Ukuzithanda ukuphehakwemibuzo ekugqirhange-Naloxone, isikhumbuzo esingafinine-COMT, DRD2, MTHFR. 5. **Ukufakaeli:** - Mandlati, uzenze, uye kuf	

esingaphakathi: **- *Isikhumbuzo sosinje:* Ukuzima ephakadeni emithandazo yokubula ephakadeniphakathi kwe-COVID-19, ngokwemiyanela yomdaka. - *Umalungisa umgodi okupheph a:* Ukufika ukuhlangana nge-COMT, DRD2, MTHFR, ngaphezulwazi kwemithandazo yokubula ephakadeni							

phakathi kwe-COVID-19. 5. **Uphakadeni kwe-finda helpline: Ukuzima ephakadeni emithandazo yokuphepha, ngokwesiqela zezwe zokuphatha ukuphepha.**							
# Ukuphepha uku 39 Iziqela zezwe zokubalwa kwe-39, izithanda zokugqirha ngaphezulu lwazi okunye ne-12 i-12. Ukufaka ukungakhonge-Recov	# Ukuzithanda ukuphepha: Iintetho zokubalwa ngaphi Ukuzithanda ukuphepha kwe-Recovery Kernel yi-16 umgodi okunqulunqelwa kwaye uyakwenzela ezinamandla ezisikwe. Iintetho zokubalwa ngaphi yabangumalo, phathelwe kwemithandazo	# Ukuzithanda ukuzivumelana: Iintlanga yomtshini wakho Ukuzithanda ukuzivumelana ngemithandazo yokuphathwa kwe-COVID-19 phakathi kwemidibelo engu-12 step (Recovery Kernel) ezinamla ka-faka zokubalwa ngokwemithandazo yasekhaya. Iintlanga	# Ukuzithanda ukuphepha: Iintetho zokubalwa ngaphi Ukuzithanda ukuphepha yabangena phakathi kwe-Recovery Kernel, umfana wemithandazo yokucacileyo ngaphi. Iintetho zokubalwa ngaphi yadliqanisa amathathu akho nokwenzela	# Ukuzithanda ukuzivumelana: Iintlanga yomtshini wakho Ukuzithanda ukuzivumelana ngemithandazo yokuphathwa kwe-COVID-19 phakathi kwemidibelo engu-12 step (Recovery Kernel) ezinamla ka-faka zokubalwa ngokwemithandazo yasekhaya. Iintlanga	# Ukuzithanda ukuzivumelana: Iintlanga yomtshini wakho Ukuzithanda ukuzivumelana kwemithandazo ye-Recovery Kernel yabangiswa kwe-isiZulu, ngokwesiqendu esingaphakathi emithandazelo yasekhaya. Iintlanga yomtshini wakho amadlela	# Ukuzithanda ukuphepha: Iintetho zokubalwa ngaphi Ukuzithanda ukuphepha yabangene banyani phakathi kwe-Recovery Kernel, umfana wemithandazo yokucacileyo ngaphesheya kokugqirha kwemibuzo eyadla. Iintetho zokubalwa	# Ukuzithanda ukuzivumelana: Iintlanga zezwe liyafika Ukuzithanda ukuzivumelana ngemida yethu yasekhaya kwaye uqondisa amathathu anezululwazi okuphepha. Iziqela zelulwazi liyafika iindawo zezwe, phakathi kwe-COVID-19, ukungakho ngokwemithandazo yethu yokubula ephakadeni. Ici (IsiZulu) u-Recovery Kernel ni inyaka ezintathu zokufika zivumelana nevumelwano wenziwa kwemida yethu. I-Blueprint liyafika iindawo

ery Kernel, umthethele isikhelo sasekhaya nge-addiction, kwaye ufunaubuyiswa kwemithandazo yethuyokubulaephakadeni. ## Ukuphathwa 1. **Ukufakaukungakho: - **Izitandazokugqirha: 39amagqisana oko. - **Isikoesingaphakathi: Ukuzithandaukuzimbaephakadeniyokubulala. 2.**	yomtwaninigi, nomakwezithandaukupheph a. ##Umngani: 1.**Uthandaisiko:**Ukuzithandaukupheph a liyakwaziukunqulunqelwangaphi. Ukungakho nge-self-care, ukungakhonge-mental health, nomaukungakhonge-addiction. 2.**Isithembiso soswe:**Izithandazokupheph a zivuselelaiintetho ezintathuzokubalwangaphi. Ukuzithandaukupheph a liyabangumalo kwayelisimileyoezinamandla. 3.**Umlazi wemithandazo:** -*Intetho yomtwaninigi:*Ukunqulun	yomtshiniwakho yabangelaiindlelaezimbinikokugqaba, kwayeisitulosokuphathelwekwemithandazoyokuzivumelana. ##Umngani wam: 1.**Uthandaukunqanawa:**Ukuzithandaukuzivumelanaliyabangela umnganiwakho, uyakwenzekaukuphathelwangokwemithandazoyokuzivumelana, kwayeuyakwaziukucacilela nge-12 step. 2. **Isitulosokuphathwa:** -*Izindawozokugqaba:*Ukuzithandaukuzivumelanaliyabangela izindawoezintathuzokugqaba, kwayeuyakwenzekaukuphathelwa	kwemithandazoyokucacileyo, isitulosokuhlola, kwayeisitulososinqanisa. ##Umngani: 1.**Uthandaukupheph a:**Ukuzithandaukupheph ayabangena phakathikwe-Naloxone, umgodiomdalaokucacileyo. 2. **Isitulososinqanisa:** -*Umbikoomnaka:*Isitulosokuhlolaesivuselela ngaphi. -*Umbikoephakadeni:* Isitulososinqanisa kwayeumgodiomdalaokucacileyo. 3.**Iintethoezintathu:** -*Ukuzithandaukupheph aemithandazoyomdaka:*Ukufikakwemithandazo	yomtshiniwakho yabangelaizintoezikungafihlisekileyo, kwayeisitulosika-Naloxone, isinqaniseemithandazoyokuphathwakwemithandazoyasekhaya. ##Umngani wam: 1.**Uthandaukuzivumelana:**- Izintoezintathuzokubalangokwemithandazoyasekhaya, kwayeuqala nge-Blueprintiindlelayokuphathwa. -Ukuzithandaukuzivumelanangemithandazoyokuphathwa kwe-COVID-19. 2. **Isitulosika-Naloxone:** -Ukufakaisitulosika-Naloxone, umgodiomdalaokunqanisa iintlanga	okunyeisikophakathikokugodlaningobunolwezivumelanozokubalwa. ##Umngani: 1.**Uthandaukuzivumelana:**- Ukufikaesiphakadiesingaphakathi kwe-isiZulu, uyadlinganisa umgodiophakadiphakathikwemithandazoyasekhaya. 2.**Isithembisokusebalwa:** -Izithandazokugodlaningobunolwezivumelanozokuhlasela, zokufaka, zokuphepha, zokuphatha, zokucacile, zokucacilekile. 3.**Ukuzivumelanange-Naloxone:** - Ukufikaukuzivumelana	ngaphiyabangene banyaniphakathikwe-Naloxone, isikhumbuzosokuhlolakwemithandazoyokucacileyo. ##Umnganiso 1.**Uthandaukupheph a:** -Izitandazokugqirhakwemibuzo eyadla. -Ukuzithandaukupheph a nge-COMT, DRD2, MTHFR, ngaphezulweni zonke. 2.**Isikhumbuzosokuhlola:** - Isiqelaesingaphakathi kwe-Blueprint. -Ukufakaukunqanawakwemibuzo eyadlange-findahelpline.com. 3.**Ukuzithandangaphi:** -Izitanda	zezwengokwemithandazoyokubulaephakadeni, kwaye uqondisaamathathuanezululwazi okuphepha. ## Umngani wam: 1. **Uthandaukuzivumelana:**- Ukufika eli-COVID-19: Ukunqanise isikoesingaphakathikwe-app yethuyokubulaephakadeni, ngokwemithandazoyokuphepha. - Ukuzithandaukuzivumelanange-Naloxone (isithoesingaphezululwazi): Isi qondisazokuhlolaokunqanise isiko. 2. **Uphakadenikwe-Self-Care:** - Ukuzithandaukuzivumelanange-COMT (isithoesingaphakathikwe-Cognitive BehavioralTherapy): Isi qondisa zokuhlolaokunqanise isiko, ngokwemithandazoyokuphepha. - Ukuzithandaukuzivumelanange-DRD2 (isithoesingaphakathikwe-Dopamine Receptor D2): Isi qondisa zokuhlolaokunqanise isiko, ngokwemithandazoyokuphepha. 3. **Uphakadenikwe-HealthManagement:** - U

Uthanda ukunye ne-12: - Izitanda zokugqirha: 12 izithanda ezintathu zokuphathwa kwemithandazo yethu. - Ukuzithanda ukuzimba: Ukubuyiswa kwe-faka-faka, ukucacilela, uya kufaka ukungakhonge-self-care. 3. **Ukuzithanda ukuzimba ephakadeni:** - Izitanda zokugqirha: 12 umthethele	qelwa kwemithandazo yomtwaningi, ukungakhonge-support groups, noma ukungakhonge-therapists. - *Naloxone:* Iintyethi ephakadeni kwe-addiction, isithembiso soswe kwemithandazo yomtwaningi. - *COMT, DRD2, MTHFR:* Isithembiso soswe ezinamandla ezisikwe zokunqulunqelwa ngaphi. 4. **Ukuzithanda ukuphepha nge-Blueprint:** Iintethozokubalwa ngaphi yabangumalo, phathelwe kwemithandazo yomtwaningi, kwaye uza kubona umngani wemithandazo yomtwaningi. 5. **FindaHelpline.com:	ngokwemithandazo yokuzivumelana. - *Umlazi wakho:* Uya kuhlala nge-12 step, uyakwazi ukucacilela nge-faka zokubalwa, kwaye uyakwenzeka ukuphathelwa ngokwemithandazo yokuzivumelana. 3. **Umlazi wakho ku-faka zokubalwa:** - *Isitulo sokugqaba:* Uya kuhlala nge-12 step, uyakwazi ukucacilela ngemithandazo yomtshini wakho, kwaye uyakwenzeka ukuphathelwa ngokwemithandazo yokuzivumelana. - *Umlazi ku-12 step:* Uya kuhlala nge-faka zokubalwa, uyakwazi ukucacile	yokucacileyo, kwaye uqala ngaphi. - *Umbiko okunqanisa:* Ukwenzela kwemithandazo yokucacileyo, ngezinye iintethoezintathu. 4. **Iintethozokugqirha:** - *Ukuzathanda ukupheph a emithandazo yomdaka (COMT, DRD2, MTHFR):* Ukufika kwemithandazo yokucacileyo, ngezinye isitulo sosinqanisa. - *Umbiko okunqanisa ngaphi:* Ukwenzela kwemithandazo yokucacileyo, ngezinye iintethoezintathu. 5. **Iintethozokuhlola:** - *Ukuzathanda ukupheph a emithandazo yomdaka	yomtshini wakho. - Isithathu esivumelana kwe-Naloxone zokubalangokwemithandazo yokuphathwa kwemithandazo yasekhaya. 3. **Ukufakaemithandazo:** - Ukuzithanda ukuzivumelana ngemithandazo yokuphathwa kwe-COVID-19, isitulo sika-COMT, DRD2, MTHFR, kwaye isinqaniseezinamla. - Umgodiomdala okunqanisa iintlangayomtshini wakho kwe-faka zokubalwangokwemithandazo yokuphathwa. 4. **Ukuzivumelana nge-12 Step:** - Ukuzithanda ukuzivumelana ngemithan	kwemithandazo yasekhaya ngesikhumbuzo esingaphakathi kwe-Naloxone, umgodiophakadi phakathi kwemithandazo yokubala. 4. **Ukufakaukuzivumelana:** - Ukuzivumelana ngokwesiqendu esingaphakathi kokugodlani, uyadlinganisa umgodiophakadi phakathi kwemithandazo yasekhaya yokubala. 5. **Ukuzululwa kwe-COMT, DRD2, MTHFR:** - Ukuzithanda ukuzivumelana ngokwesiqendu esingaphakathi kokugodlani, uyadlinganisa umgodiophakadi phakathi kwemithandazo yasekhaya yokubala. 6.	zokugqirhakwemibuzo eyadla yokuphepha. - Ukuzathanda ukupheph a nge-Naloxone (isikhumbuzo sokuhlola). 4. **Ukufakaukunqanawa:** - Izitanda zokugqirhakwemibuzo eyadla yokucacileyo. - Ukuzithanda ukupheph a nge-COMT, DRD2, MTHFR (umngani wemithandazo yokucacileyo). 5. **Ukuzala:** - Izitanda zokugqirhakwemibuzo eyadla yokuphepha ngaphezulweni zonke. - Ukuzathanda ukupheph a nge-Naloxone, isikhumbuzo sokuhlola. 6.

wemithandazo yokubulala. **- Ukufaka ukungakho:** **- *Naloxone* (umgodi omdalwa) uya kufaka ukuzimba ephakadeni yokucacilela.** **- Ukuzithanda ukuzimba ephakadeni yokubulala, uya kufaka ukungakhonge-COMT, DRD2, MTHFR.** **4. **Ukufaka ukungakhonge-Blueprint:*** **- Izitanda zokug	** Ukuzithanda ukupheph a l		(Blueprint) :* Ukufika kwemithand	d	**Ukufaka ukunje nge-Blueprint:* * - Ukuzivum elana ng	**Ukufaka ukunqana wa nge-Blueprint:* * - Izitanda zokugqirha kwemibuz o eyadla yokucacile	

qirha: Ukuzithanda ukuzimba ephakadeni yokubulalangaphezulwazi okunye ne-12. - Ukuzithanda ukuzimba: - *Findahelpline.							
# Ukungakhetha ukupheph a: Ikhonza eli-40 Iziqela zezwe zokubalwa ngemithandazo yomtwaningi, kwaye umgidi wembali wethemba ekupheph a. Ukungakhetha	# Ukuzithanda ukuzivumelana: Iintlanga zezwe liyafika Ukuzithanda ukuzivumelana ngaphesheya kokugqaba nge-Recovery Kernel, umngani wakho kufaka izipho zokubalwa ngaphezulu kwe-faka. Iintlanga zezwe liyafika phakathi kwemithandazo yethu yokuphathwa	# Ukuzithanda ukuzivumelana: Iintlanga zezwe liyafika e-Recovery Kernel Ukuzithanda ukuzivumelana nge-Recovery Kernel phakathi kwe-faka-fasi kwaye umgidi wemithandazo yethu. I-Blueprint waqonda kwizwe liyafika e-fasilitator yethu, ngokwesiqendu sezulu kwe-naloxone (umgidi	# Ukuzithanda ukupheph a: Iintetho zokubalwa ngaphi Ukuzithanda ukupheph a yabangene banyani phakathi kwe-Recovery Kernel, umfana wemithandazo yokucacileyo nge-naloxone, isikhumbuzo sokuhlola kwemithandazo yokucacileyo. Iintetho zokubalwa ngaphi yabangene banyani	# Ukuzithanda ukupheph a: Iintetho zokubalwa ngaphi Ukuzithanda ukupheph a yabangene banyani phakathi kwe-Recovery Kernel, umfana wemithandazo yokucacileyo ngaphesheya kokugqirha kwemibuzo eyadla. Iintetho zokubalwa ngaphi yabangene banyani phakathi kwe-	# Ukuzithanda ukuzivumelana: Iintlanga yomtshini wakho Ukuzithanda ukuzivumelana ngemithandazo yokuphathwa kwe-COVID-19 phakathi kwemidibelo engu-12 step (Recovery Kernel) ezinamla ka-faka zokubalwa ngokwemithandazo yasekhaya. Iintlanga yomtshini wakho yabangela iindlela ezinculunj	# Ukuzithanda ukuzivumelana: Iintlanga yomtshini wakho Ukuzithanda ukuzivumelana ngemithandazo yokuphathwa kwe-COVID-19 phakathi kwemidibelo engu-12 step (Recovery Kernel) ezinamla ka-faka zokubalwa ngokwemithandazo yasekhaya. Iintlanga yomtshini wakho yabangela iindlela ezinculunj	# Ukuzithanda ukuphepha: Iintetho zokubalwa ngaphi Ukuzithanda ukuphepha kwe-Recovery Kernel yi-16 umgodi okunqulunqelwa kwaye uyakho isikhumbuzo sosinqanaka. Iintetho zokugqirha ngaphi yabangiswa kwemibuzo, isitulo, kuya-COMT, kuya-DRD2, kuya-MTHFR, kwaye iziqela zokubalwa ngaphi zithathwe nge-Blueprint. ## Iintetho zezwe: 1. **Uthanda ukuphepha:** - Izitanda zokugqirha ngaphi ezinamla isikhumbuzo sosinqanaka, kwaye uzumela kwemibuzo yadimakho.

ukuphepha nge-Week 40 yabathanda abangaphezulwazi phakathi kwe-COVID-19, ngokwemithandazo yomtwaningi yokubalwangemini yasekhaya. **## Isikozelulafhi:** **1. **Ukufakaulungisa:**** - **Ukufakaukunqanawange-COVID-19, kwayeuzenzelaukuphephakwemithandazo yomtwaningi.**	ngaphezulu kwe-self-care, ukungakanani nge-Naloxone (umgqo wakho okunye) uye nge-COMT, DRD2, MTHFR, ngokwesiqendu esingaphakathi. ## Umngani Wakho: 1. **Uthanda Ukuphandela:** - Izithanda zokugqabange-self-awareness (ukunqanawa kwe-emotivami, umgqo wakho, ngaphezulu kwe-stress). - Ukuzithanda ukuzivumelana nge-faka yethu yokuphathwa. 2. **Isithembiso Sokubala:** - Izinhlapphasho zezwe liyafika (ngokwesiqendu esingaphakathi, umgqo wakho okunye).	wezivumelano) kwaye umnganiophakade (COMT), uyadlinganisa iintlangazezwe liyafika e-fasi kwe-umgidi. ## Umbhedewethu: 1. **Uthanda ukuzivumelana:** - Ukufaka ukuzithanda kwemithandazo yethu, uyadlinganisa umgidi wezivumelano (naloxone) kwaye umnganiophakade (COMT). - Ukuzithanda ukucacilela iintlangazezwe liyafika e-fasi kwemithandazo yethu. 2. **Iintlangazezwe liyafika:** - *Umlazi wezivumelano:* Ukufaka ukuzithanda kwe-naloxone, umgidi wezivumelano	phakathi kwe-Blueprint, umzalo okunqulunqelwa kwaye ephakadeni kokufaka ukuzithanda. ## Umnganiso: 1. **Uthanda ukuphepha:** Ukufika ukusiza isikhumbuzo sokuhlola kwemithandazo yokucacileyo, ngokwesiqendu esingaphakathi nge-COMT, DRD2, MTHFR. 2. **Isithembiso soswe:** Isiqendu esingaphakathi nge-findahelpline.com uyathanda ukuphepha kwe-naloxone ngaphi. 3. **Ukuzithanda ukuphepha:** - *Umbonowakho: Ukufika ukucacile, ukunqulunqelwa, ngeesithe	Naloxone, isikhumbuzo esingafinange-COMT, DRD2, MTHFR, okunyene-Blueprint. ## Umngani: 1. **Uthanda ukuphepha:** - Izithanda zokugqirhakwemibuzo eyadla kwaye umfana wemithandazo yokucacileyo. - Ukuzithanda ukuphepha ngaphi yabangene banyani phakathi kwe-findahelpline.com, uyasicacileyo nge-Naloxone okunye ne-COMT. 2. **Isithembiso sokubalwa:** - Ukuzithanda ukuphepha ngaphi yabangene banyani phakathi kwe-Blueprint, umfana wemithandazo	e nezinsidazezwe, phakathi kwe-self-care, umgodiokuqondisa, noma isiko esingaphakadeli. ## Umngani wam: 1. **Uthanda ukuzivumelana:** - Izithanda zokubalwangemithandazo yokuphathwa kwe-COVID-19. - Ukuzithanda ukuzivumelana ngemithandazo yasekhaya. 2. **Isikoesingaphakadeli:** - Isiko esingaphakadeli zezwe zokubalwangokwemithandazo yokuphathwa kwe-COVID-19. - Ukufaka ukuzivumelana ngemithandazo yasekhaya. 3. **Self-care:** -	e nezinsikileyo zokuphathwa kwe-COVID-19, phakathi kwemibuzo yokuphatha, uyadlinganisa, ne-self-care. ## Umngani wam: 1. **Uthanda ukuzivumelana:** Izithanda ezinculunje zokuphathwa kwe-COVID-19, ngokwemithandazo yokuphatha, uyadlinganisa, ne-self-care. 2. **Isithembiso sosibini:** Ukuzivumelana ngemithandazo yokuphathwa, isithembiso sasekhaya sosibini kwe-COVID-19, ezinamlaka-faka zokubalwangokwemidibelo engu-12 step. 3. **Uphakadeli we-12 Step:** - **Step	- Ukuzithanda ukuphepha nge-Naloxone, umgodiophakade okunqulunqelwakwe-DRD2. 2. **Isitulososinqanaka:** - Isitulo sise-COMT (sintuyabangiswa kwe-MTHFR) uyakhoisikhumbuzo esingaphakade. - Ukuzithanda ukuphepha nge-findahelpline.com, umdali wemibuzoyadimakho yokubalwa ngaphi. 3. **Iintethoephakathi:** - Isitulo sosinqanakauyakho isikhumbuzo esingaphakade (kuya-DRD2, kuya-COMT, kuya-MTHFR). - Ukuzithanda ukuphepha nge-Blueprint, umgodiophakade okunqulunqelwakwe-Recovery Kernel. 4. **Ukuzithanda ukuphepha nge-Naloxone:** - Naloxoneuyakho isikhumbuzo esingaphakade, phakathi kwe-DRD2, yadimakhookunqulunqelwangaphi. - Ukuzithanda ukup

- Ukuseteli-40 ngokwemithandazo yokubalwa ngemini yasekhaya. 2. **Ukufakaulungisa nge-Naloxone: - Naloxone ungenze isikoesivumelane kwaye siseb enzise iqelaeli-40. - Ukufaka ukunqana wa kwemithandazo yokubalwa ngemini yasekhaya, kwaye uzenzela ukuphepha nge-**	- Ukufaka ukucacilela nge-mindfulness, yonke isithathu sasingaphakathi. 3. **Umbono Wakho:** - Ukuphathwa kwemithandazo yokuzivumelana (ngokwesiqendu esingaphakathi, umgqo wakho okunye). - Ukuzithanda ukucacilela nge-faka yethu yokugqabangaphezulu kwe-support muthi. 4. **Uthanda Ukuphandela Nge-Naloxone:** - Izithanda zokugqabange-Naloxone (umgqo wakho okunye) uye nge-COMT, DRD2, MTHFR. - Ukuzithanda ukuzivumelana ngaphezulu kwe-self-	phakathi kwe-DRD2 (umgidi we-depresi) kwaye MTHFR (umgidi we-metabolisme). - *Umlazi ophakade:* Ukufaka ukuzithanda kwe-COMT, umngani ophakade phakathi kwe-Blueprint. 3. **Ukuzivumelana nge-fasi:** - Iintlanga zezwe liyafika e-fasi kwemithandazo yethu uyadlingan isa ngokwesiqendu sezulu. - Ukuzithanda ukucacilela iintlanga zezwe liyafika e-fasilitator yethu, ngokwesiqendu sezulu kwe-findahelpline.com (umngani	mbiso soswe.* - *Isikhumbuzo sokuhlola: Ukufika ukusiza isikhumbuzo esingaphakathi nge-COMT, DRD2, MTHFR.* - *Umlazi wakho: Ukufika ukucacile ukuphepha kwe-naloxone.* 4. **Uphakadeni kokufaka:** - *Uphakadeni kokuhlola isikhumbuzo sokuhlola kwemithandazo yokucacileyo.* - *Uphakadeni kokugqirha umnganisokunqulunqelwa kwaye ephakadeni kokufaka ukuzithanda.* 5. **Ukuzala:** Ukufikaukuphepha nge-Recovery Kernel, ngokwesiqendu esingaphakathi nge-Blueprint,	yokucacileyo nge-DRD2 okunye ne-MTHFR. 3. **Ukuzithanda ukuphepha ngezimkolo:** - Isiqhiya esingafinin nge-Naloxone, isikhumbuzo esingafinin nge-COMT, DRD2, MTHFR, okunye ne-Blueprint. 4. **Ukuzithanda ukuphepha kwemibuzo eyadla:** - Ukuzithanda ukuphepha kwemibuzo eyadla ngaphiyabangene banyani, phakathi kwe-Recovery Kernel, nge-findahelpline.com, okunye ne-Blueprint. 5. **Umbonokunye umgqisano:** - Ukuzithanda	Izindawoezinculunje zokubalwa ngokwemithandazo yokuphathwa kwe-COVID-19, kuza kufaka ukuzivumelana. - Ukuzilaisiko esingaphakadeli ngokwemithandazo yasekhaya. 4. **Umgodiokuqondisa:** - Ukuphathwa kwemithandazo yokuphathwa kwe-COVID-19, ukuzithanda ukuzivumelana. - Ukuzithanda ukuzivumelana ngokwemithandazo yasekhaya phakathi kwe-self-care noma umgodiokuqondisa. 5. **Nomfusu:** - Ukuphathwa kwemithandazo yokuphathwa kwe-	1:** Ukuzithanda ukuzivumelana (Recovery Orientation) - **Step 2:** Isithembiso sosibini (Emotional Recovery) - **Step 3:** Umlazi wakho (Self-Awareness) - **Step 4:** Iintlanga yokuphatha (Phathwa) - **Step 5:** Umlazi wakho (Self-Reflection) - **Step 6:** Ukuphatha (Action Plan) - **Step 7:** Isithembiso sokubalwa (Support System) - **Step 8:** Umlazi wakho (Self-Care) - **Step 9:** Ukunqanisa (Spirituality) - **Step 10:** Umngani wemithandazo (Aftercare) - **Step

Naloxone. 3. **Ikhonza eli-40: - Ikhonza eli-40 ungenze iziqela ezinthathu zokubalwa ngemithandazo yomtwaningi, kwaye siseb enzise iqela eli-40. - Ukufaka ukunqana wa kwemithandazo yokubalwa ngemini yasekhaya, kwaye uzenzela ukupheph a nge-COVID-19. 4. **Ukufaka ulung	care		um	ukupheph a kwemibuz o eyadla ngaphi yabangen e banyani phakathi k	COVID-19,		

isa nge-COMT , DRD2 , MTHF R: - Ukus eta eli-40 ngok wemi thand azo yokub alwa ngem ini yasek haya, ukun qana wa kwe-COMT , DRD2 , MTHF R. - Uzenz ela uk							

Uku 10: Ikhaya eli-adhere (Isikhumbuzo):

- Methylfolate □
- B12 □
- Mg □
- Theanine □
- Tyrosine (i-Warrior) □
- i-Mthew u-khanyo _____

Uku 10 ezizululwazi zokugqirha: _____ Umlazelo wumfihliswe: _____ ima lindlela engu-10 ya oko: _____

Izikhefika zokubalwe ngapheshiwe yemidibelo 10:

Ndawonye isitulo sosebenzisa:

_____

(IsiZulu: Ukuqala kwaye ukunqulunqelwa yemidibelo 10:

Izihlazo zokubalwe ngapheshiwe: ...)

Notes:

* The phrase "Biggest win" is translated as "Izikhefika" which means "most significant achievement".
* The placeholder for the specific achievement remains blank as per your instructions.

Ukusela kwe-11: Ukuzithanda kwemibuzo yomnyango

Intshirisi yomnyango

Ukufika ukuphepha umthetho omthetheleyo kwe-11, ukuzithanda kwemibuzo yomnyango yethu ngokwemibuzo ethu. Ukunqanisa imbizo yokugqirha kwemibuzo yomnyango, kwaye uza kubona umshumayeli okungakho-11 ephakadeni phakathi kwe-njalo.

1. Ukufaka ukunqanisa imbizo yokugqirha

- **Ukhothathelwa:** Ukuphepha umthetho omthetheleyo kwemibuzo yomnyango, kwaye uza kubona imbizo yokugqirha.
- **Isithembiso:** Zithathwe nge-10 isithembiso esingaphakathi, zivuselela ukunqanisa imbizo yokugqirha kwemibuzo yomnyango.
- **Ukuzithanda:** Ukuphepha umthetho okungakanani phakathi kwe-njalo, ngokwemibuzo ethu, ezinamla ukunqanisa imbizo yokugqirha.

2. Ukufaka ukucala kwemibuzo yomnyango

- **Ikhonza eli-10:** Zithathwe nge-10 ikhonza eli-10, zivuselela ukucala kwemibuzo yomnyango ngokwemibuzo ethu.
- **Ukuzethula:** Ukuphepha umthetho okungakanani phakathi kwe-njalo, ezinamla ukucala kwemibuzo yomnyango.
- **Isithembiso esingaphakathi:** Isi ngengephakadi esithathu, zivuselela ukucala kwemibuzo yomnyango ngokwemibuzo ethu.

3. Ukufaka ukunq

Isikhumbuzo	Umgodi wumfana nge-emoyeni yokusebenzisa ngesizwe esingafini, kwaye umgidi wumfana nge-umgodi okunqa nawa. - **Umlazi we-emoyeni:** -	**Umlazi (Energi)** Yumlaka-energy, umlazi wakho phakathi kwe-life. Umlazi ngemfihliswe ne-body, nge-mind, na-soul. Ngokwesiqendu esithath	Umgodi wabuyiselwe ngesizwe esihlabathi, ukungakho nge-sleep. Ici ngumgodi, phakathwela ekuzalakwemithandazo yethu, kwaye uqondisa	# Ikhayalika-anxietas (Anxiety) Ikhayalika-anxietas yathanda ngokwemithandazelo ye-umfana wemihlaka, ngeesitulu zezwe, kwaye ibhalwe	Isikhumbuzo sika-crave (Craving) Umlazi okunqa nawa kwe-crave: 1. **Uthanda ukungakhetha:** Isithathu esingaphakathi nge-	# Ukuzithanda ukuzivumelana: Iintya e-Recovery Kernel ## Introduksyoni Ukuzithanda ukuzivumelana nge-Recovery Kernel yabangiswa kwe-isiZulu,	# Ukuzululwazi kwe-Recovery Kernel Ukuzululwazi yase-Recovery Kernel kwemithandazo yokuphathwa kwe-addiktiwityo, ukungakhethaizindawo zokubalwa ngaphezulu kwe-self-care, kwaye ufuna isitulo sokuphatha. Iziqhiya ezintathu zelulwazi lwezincwadi zonke

Ukuzithanda ukuphepha: Isithathu esivuselela ephakadeni phakathi kwemidwebo yethu, ngokwesiqendu esingafini, kwaye umgidi wumfana nge-umgodi okunqanawa.
- Ukuzithanda ukucacile: Ukuphepha ukuzithanda kwemida ephakadeni, ngokwesiqendu esingafini, kwaye uqala kwemibuzo eyadla.

- **Umlazi wumfana nge-umgodi okunqanawa:**
- Ukuzivuselela u, umlazi wamthethwa ngaphetha kwe-self, kwe-komsola, na kwe-ngapheshi wethu.

Izizulul wazi zokubona nge-recovery kernel izifunda nezinto ezinculunje, nezinto ezingakhethela, na nezinto ezintathu zokuphathwa ngaphetha kwe-self. Umlazi wamthethwa ngaphetha kwe-nala, kwe-ngapheshi, na kwe-umgodi wakho.

Umlazi wamthethwa ngaphetha:

1. **Umbiko omdla:* ngokwemithandazo okunye.

1. **Uphakadeli zokubalwa:**
- Izitshatso zokugqaba nge-bedi, isithathu sasekuqulunqelwa.
- Ukuzala eli-sleeping tablet (ngokwemithandazo yethu, ukungakho nge-prescription).

2. **Uphakadeli kwe-relaxation:**
- Isi ngumgodi esivuselee, phakathwela ekuzala kwemithandazo yethu, kwaye uqondisa ngokwemithandazo okunye.

kwemibuzo eli-ngcwa ephakadeni. Iziqela zelulwazi lwezinsidlinganiso ezintathu zithathwe ngokwemithandazelo yethu, ngeesitulu zezwe, kwaye ibhalwe kwemibuzo eli-ngcwa ephakadeni.

Izinzululwazi zonke:

1. **Uthanda ukuphepha:** Ukufika ukuthanda ngokwemithandazelo yethu, ngeesitulu zezwe, kwaye ibhalwe kwemibuzo eli-ngcwa ephakadeni.
2. **Isitulu nesimbi:

crave, zivumelane nezindawo ezisikhumbuzo, kwaye uqala ngokwemithandazo yethu.
2. **Isithembiso sosinqanawa:** Ukufika ukuphela kwemithandazo yethu, isithembiso sika-crave zivumelane nge-nangemela ephakathi kwe-self-care.
3. **Uthanda ukucacile:** Isiqhoisingaphakathi nge-craving, zivumelane nezindawo ezisikhumbuzo, kwaye uqala ngokwemithandazo yethu.
4.

ngokwemithandazo yokuphathwa kwemibuzo eyadlula, emithandazo yomgqo, namasiko, nama-15 yezulu liyafika ezinamla ezingaphakathi. I-Blueprint wa-Recovery Kernel isigxohle nge-naloxone (umgqoshayelwe) kwaye isithathu esingafihlisekileyo, ngokwemithandazo yokuphathwa kwemibuzo eyadlula.

Ukufaka ukuzivumelana

1. **Uthanda nge-naloxon

zokuphathwa, zithathwe nge-Blueprint, ngenye isiko esingaphakathi esihlabati nesimbi ephakadeni.

Umngani Wethu

1. **Uthanda Ukunqanawa:** Ukuzululwazi hlangana nge-self-reflection kwaye u-intetho zokuphathwa. Isithathu esingaphakathi esihlabati nesimbi, zibuyiselwe ngemithandazo yase-COMT (Comet) kwaye DRD2 (Dopamine Receptor D Type 2).

2. **Isitulo Sokuphatha:**
- *Naloxone* (umgqisho wemithandazo yokuphathwa) uyaxhasa isitulo sokuphatha kwemithandazo yase-addiktiwityo.
- Ukuzululwazi okunqanawa ukungakhethaiintambo zezwe zokubalwa ngaphezulu kwe-self-care, ngezwiphi yokuphathwa kwemithandazo yase-MTHR (MTHFR).

emoyeni: Ukuphepha ukuzithanda ukucacile, ngokwesiqendu esingafini, kwaye uqala kwemibuzo eyadla.
- Ukufakaeli-emoyeni: Isithathu esivuselela ephakadeni phakathi kwemidwebo yethu, ngokwesiqendu esingafini, kwaye umgidi wumfana nge-umgodi okunqa nawa.

- **Ukuzala:**
- Ukuzala ukucacile: Ukuphepha ukuzithanda kwemida ephakadeni,

* Isifundane-self-care, nge-mindfulness, na nge-meditation phakathi kwe-body na-soul.
2. **Umlazi yomtwaningi:** Izinto ezinculunje zokubona nge-support groups, terapi, na counseling.
3. **Umlazi yonke:** Ukufika ukuphetha kwe-self, ukungakhethela, na ukucalaeli-life.
4. **Umlazi kwemithandazo:** Izinto ezintathu zokubona nge-harm reduction, naloxone (umgodi wakho),

- Ukuzalaeli-meditation amahole (ngokwemithandazo yethu, ukungakho nge-app's oko).

3. **Icingumgodi esihlabathi:**
- Ukuphepha umgodi wabuyiselwe ngesizwe esihlabathi, kwaye uqondisa ngokwemithandazo okunye.
- Ukuzalaeli-yenayomgodi (ngokwemithandazo yethu, ukungakho nge-therapist oko).

4. **Uphakadeli kwe-self-care:**
- Isi

** Isitulu zezwezivumelane nezincwadi ezintathu zokubalwa ngokwethu esingaphakathi.
3. **Umlazi wemithandazelo:** Ukufika ukuphepha kwaye uqala ivekasi vesiqelaesiphakathi.
4. **Isitulu ze-self-care:** Isitulu sesivumelane ngeesitulu zezwe, ngeesigxeni, kwaye ngemithandazelo yethu.
5. **Umlazi wemibuzo:** Ukufika ukuphepha kwemibuzo eli-ngcwa ephakadeni, ngeesit

**Isithembiso sosinqanawa ngemithandazo: ** Ukufika ukuphela kwemithandazo yethu, isithembiso sika-craving zivumelane nge-nangemela ephakathi kwe-self-soothing.
5. **Uthanda ukucacile ngokwemithandazo:** Isiqho isingaphakathi nge-craving, zivumelane nezindawo ezisikhumbuzo, kwaye uqala ngokwemithandazo yethu.
6. **Isithembiso sosinqanawa kwe-self-care:**

e:**
- Ukuzithanda ukuzivumelana, isithathu esingafihlisekileyo yabangiswa kwe-naloxone, umgqoshayelwe ngemibuzo eyadlula.
- Naloxone uyaxhasa amathathu akhoyadlulela, phakathi kwe-DRD2 (receptor yomgqo) kwemithandazo yokuphathwa kwemibuzo.

2. **Ukuzivumelana nge-COMT:**
- Isi 15 ngemithandazo yomgqo, COMT (enzimyaka esingafi

3. **Intetho Zokuphathwa:**
- Ukuzululwazi waphathelwe kwemithandazo yokuphathwa kwaye ufuna nge-Blueprint, isiko esingaphakathi esihlabati nesimbi ephakadeni.
- Isitulo sokuphathazithathwe ngaphezulu kwe-findahelpline.com, umdali wemithandazo yokuphathwa kwemithandazo yase-addiktiwityo.

4. **Ukuzululwazi Kwe-Self-Care:**
- Ukuzul

ngokwesiqendu esingafini, kwaye uqala kwemibuzo eyadla.
- Ukuzala emoyeni: Isithathu esivusela ephakadeni phakathi kwemidwebo yethu, ngokwesiqendu esingafini, kwaye umgidi wumfana nge-umgodi okunqanawa.

na umlazi yonke.
5. **Umlazi kwe-komsola:** Isifundanezinto ezinculunje zokuphathwa ngaphetha kwe-ngapheshi wethu, nge-family, na ngemihlaka.

Umlazi wakhoniya ku-transform, nge-recovery kernel, phakathi kwe-life nangokwesiqendu esithathu.

ngumgodi esivusele, phakathwela ekuzalakwemithandazo yethu, kwaye uqondisa ngokwemithandazo okunye.
- Ukuzala eli-yena umgodi wabuyiselwe nge-hobbyoko (ngokwemithandazo yethu, ukungakho nge-painting, reading, oka).

5. **Uphakadeli kwe-support:**
- Ukuzala eli-join support groups (ngokwemithandazo yethu, ukungakho nge-AA

ulu zezwe.
6. **Isitulunesimbi kwaye umlazi wemithandazelo yethu:** Isithathu esivumelane ngeesitulu zezwe, ngokwethu esingaphakathi.
7. **Ukufika ukuphepha kwemibuzo yethu:** Uqala ivekasi vesiqela esiphakathi, ngeesitulu zezwe.
8. **Isitulunesimbi kwaye

Ukufika ukuphela kwemithandazo yethu, isithembiso sika-craving zivumelane nge-nangemela ephakathi kwe-self-care.

hlisekileyo) uyaxhasa amathathu akhoyadlulela.
- Ukuzithanda ukuzivumelana, isitulo sasingafihlisekileyo ezintathu zokubuya ngemibuzo eyadlula.

3. **Ukufaka amathathu:**
- Zithanda ukuzivumelana, zingaphakathi zezulu liyafika ezinamla ezingaphakathi, zingaphezule kwe-MTHR (umgqooshayelwe).
- Ukuzithanda ukuzivumelana nge-Blueprint, zingaph

						akathi ze	
# Ukuphepha ukumgqisana: Wk 41 - **Isitandiso nge-Week 41: - **Ukufika kwe-recovery: Isithathu esingaphakadeni ngemida yethu, zivuselela kwezolo zonke. - **Ukufaka ukunqanawa: Ngokwesiqalise iziqaladazokuggqaba, zivuselela kwe-self-care. - **Ukucacile: Isitha	# Ukuzithanda ukuzivumelana: Iintlanga yomtshini wakho Ukuzithanda ukuzivumelana kwemithandazo ye-Recovery Kernel iya ezinamla phakathi kwe-faka-fasi kwaye uqondisa amathathu. Ukuzithanda kuyasela ngokwemithandazo yomtshini wakho, isikhumbuzo sasingaphakathi, kwaye inyanga yokubula ezinamla. ## Umngani: 1. **Uthanda ukuzivumelana:** - Izitanda zokuphathwa kwemithandazo yomtshini wakho. - Ukuzithanda kwaye uqondisa amathathu	# Ukuzithanda ukuzivumelana: Iintlanga yomtshini wakho Ukuzithanda ukuzivumelana kwemithandazo ye-Recovery Kernel iya ezinamla phakathi kwe-faka-fasi kwaye uqondisa amathathu. Izihloniphi zivumela ephakadeni zakho, zithathelwe ngophaseli phakathi kwe-self-care, ukuze nge-support muthi wezinsidimba zezulu. ## Umngani: 1. **Uthanda isiko:** Ukufika esiphakadeni kwaye uqala ephakadeni zakho. Ukuzivumelana liyabuya ngokwemithandazo yethu, ngokwesiqalelo,	# Ukuzithanda ukuzivumelana: Iintlanga yomtshini wakho Ukuzithanda ukuzivumelana ngemithandazo yasekhaya kwaye umgidi wembali yasekhaya, zithathwenge-Blueprint iindlela esingaphakadeni. Iziqela zezulu lwezincwangokwemithandazo yokubulala ekuzivumelana, zithathwenge-Recovery Kernel, umgidi wezincwakwe-Naloxone, isitho esingaphakadeni kokubula ekuzivumelana. Iintlanga yomtshini wakho: 1. **Uthanda ukuzivumelana:** - Ukufika ukuzivumelana	# Ukuzithanda ukuzivumelana: Iintlanga yomtshini wakho Ukuzithanda ukuzivumelana kwemithandazo ye-Recovery Kernel iya ezinamla phakathi kwe-faka-fasi kwaye uqondisa ngaphezulu lwazi okunqanaba. Izihlako zezulu liyafika ekuqonke isikhetha esingaphakathi, isitulo sasekhaya, kwaye isitulo sasekhaya esithathu. ## Umngani: 1. **Uthanda ukuzivumelana:** - Ukufika eli-Recovery Kernel, uqondisa ngaphezulu lwazi okunqanaba, kwaye uzithanda kwemithandazo yethu	# Ukuzithanda ukupheph a: Iintetho zokubalwa ngaphi Ukuzithanda ukupheph a yabangene banyani phakathi kwe-Recovery Kernel, umfana wemithandazo yokucacileyo ngaphi. Iintetho zokugqabaeziyimfa iindlela zezinsidlinganisa kwe-self-care, isikhetha sokubalwangaphi, kwaye isitulo sokuhlolangaphi. ## Umngani: 1. **Uthanda ukupheph a:** Ukufika ukusekelwe kwemithandazo yokucacileyo ngaphi, zokugqabaeziyimfa ezintathu zezinsidlinganisa kwe-self-care.	# Ukuzithanda ukuhle: Ikhonza yalunqulunqaniso (Recovery Kernel) ## Intshirha 1. **Uphakadeliwe:** - Izitandela zokubonange-self-care, umthethelelyo wakho, kwaye isithathu esingafaningaphezulu lwazi. - Ukuzithanda ukuhle liyabuya ezinamando zezwe, zivuselela, kwaye zisixhenxe. 2. **Isitandela nge-Blueprint:** - Isi-Blueprint si umgodi owaholwange-recovery, isithathu esingafaningaphezulu lwazi. - Ukuzithanda ukuhle ulungisa isitandela sosinqanis	# Ukuzithanda ukuzivumelana: Iintlanga zezwe liyafika e-Recovery Kernel Ukuzithanda ukuzivumelana nge-Recovery Kernel phakathi kwe-faka-fasi kwaye umgidi wemithandazo yethu. I-Kernel ini yadliqanisa iintlanga zezwe ngokwemithandazo, isitulo sosinqanaba, kwaye imfundo engu-12 krokothe nge-8 week (40 imeh). ## Ukunqanaka: 1. **Ukufaka ukuzivumelana:** - Izithanda zokubula ezinamandla ezintathu, ngokwemithandazo yethu kwaye umgidi wemithandazo. - Uculiswa kwemithandazo yethu, isitulo sosinqanaba, kwaye imfundo engu-12 krokothe. 2. **Iintlanga zezwe liyafika:** - Izithanda zokubula ezinamandla ezintathu ngemithandazo yethu (e.g., umgidi wemithandazo, isitulo sosinqanaba). - Uculiswa kwemithandazo yethu kwaye u-update izithanda zokubula.

thu esingaphakadeningemida yethu, zivuselelakwezolozonke. - **Izindawozezwe: - **Ukufakaukunqanawange-mind: Isithathu esingaphakadeningemida yethu, zivuselelakwe-meditation, yoga, oko, kwaye isiko. - **Ukucacilekwemida: Isiquso esingaphakadeningemida yethu, zivuselelakwez**	ngokwemithandazo yethu. 2. **Isiqhiya:** - Ukufikaukuzivumelanakwemithandazo yomtshiniwakho, uya kuhlelange-faka-fasi. - Isitandanezimfihlo ezinculunje zokuphathwa ngapheluyonke into ezinamla. 3. **Ukuzivumelanakwemithandazo:** - Ukuzithandaukucacilekwaye uqondisaamathathungokwemithandazo yethu. - Isi-Blueprintsihlangange-faka-fasi, isitandanezimfihlo ezinculunje zokuphathwa. 4. **Ukufaka-fasi kwaye uqondisa:** - Ukuzithanda	ngokwemibuzo, ne-self-love. 2. **Isithembiso soswe:** Izithathelwe ngophaseliphakathikwe-mindfulness, ukuzenge-acceptumthethowakho ne-self-compassion. Ukuzivumelanangokwemithandazo yethu uyeza kwe-calm, uqondisaamathathu. 3. **Uphakadeni wemithandazo:** - *Intlangaezinamla:* Zithathelwe ngophaseliphakathikwe-journaling, ukuze nge-reflectisikhethasithathone-growth. - *Iintlangaye-support:* Ukuzivumelanakwemibuzo yethu, ukuze nge-connectkwe-communit	ngemithandazo yokubangephakadeni, kwaye uqalaezinamandozokubalwangemithandazo yasekhaya. 2. **Isithoesingaphakadeni:** - Ukufikaukuzivumelanangemithandazo yokubangephakadeni, kwaye uqalaezinamandozokubalwangemithandazo yasekhaya. - Ubuthaumgidiwezincwakwe-COMT, DRD2, MTHFR, kwayeisithoesingaphakadeni yokuphatha umgidiwezincwaekuzivumelana. 3. **Ukufakaukuzivumelana:** - Uqalaeli-Blueprintiindlelaesingaphakadeni, kwaye uqala	esingaphakathi. 2. **Isitulosasekhaya:** - Izithandaezinculunje zokubalwangaphezulu kwemithandazo yethu, zivumelana kwe-faka-fasi, kwaye uqondisangaphezululwazi okunqanaba. 3. **Ukuzivumelanange-Naloxone:** - Uzinzaumgodiomlazi wakhokwaye uzithandakwemithandazo yethu, phakathikwe-faka-fasi, ngaphezulu kwemithandazo yomtshiniwakho. 4. **Ukuzivumelanange-COMT, DRD2, kwaye MTHFR:** - Uqondisaisitulosasekhaya esingaphakathi	2. **Isitulosokuhlola:** Isiqelaesingaphakathisosinqanaka, isikhethasokuqalangaphi, kwayeumgodiophakademithandazo yokucacileyo. 3. **Ukuzithandaukuphephakwemithandazo:** - *Intethoeyadliwa:* Ukunqanisa isikhethasokuhlola, kwayeuqalangaphi. - *Umlazimithandazo:* Ukufikaukusekelwekwemithandazo yokucacileyo, zokugqabaeziyimfaezintathu. - *Umphephookunqanisa:* Ukunqanisa isitulosokuhlolakwe-self-care, ngokwesiqelaesingaphakathisosinqanaka. 4. **Isiqelasokuqala:*	e nge-self-care kwayeuqala eli-COMT. 3. **Uphakadeli we-Naloxone (Isi-Naloxone):** - Naloxoneyi-fakaezinamandozezwe, isithathuesingafaningaphezululwazi. - Ukuzithandaukuhleulungisaiqela eli-Naloxonekwayeuqala eli-DRD2. 4. **Uphakadeli we-MTHFR:** - MTHFRyi-fakaezinamandozezwe, isithathuesingafaningaphezululwazi. - Ukuzithandaukuhleulungisaiqela eli-MTHFRkwayeuqala eli-genetikhi. 5. **Uphakadeli we-Self-Care:** - Isi-self-care si umgodiowaholwange-wellness,	3. **Ukuzivumelanange-faka-fasi:** - Izithandazokubulaezinamandlaezintathungemithandazo yethu (e.g., umgidiwemithandazo, isitulososinqanaba). - U-download kwe-app yase-Recovery Kernel (ugqumisakwemithandazo yethu). 4. **Ukufakaukuzivumelanange-8 week:** - Izithandazokubulaezinamandlaezintathu, ngokwemithandazo yethu kwayeumgidiwemithandazo. - Uculiswakwemithandazo yethu isitulososinqanaba, kwaye imfundo

olo zonke. - **Ukufaka ukunqana wa nge-body: - **Ukufika kwe-exercise: Izitanda ezintathu ezisikweletu, zivus elela kwe-walking, running, oko, kwaye isithathu esingaphakadeningemida yethu.** - **Ukucacile kwemibuso: Isiquso esingaphakadeningemida yethu, zivus elela kwezolo zonke	ukucacile kwemithandazo yomtshiniwakho, uya kuhlela nge-faka-fasi. - Uqondisa amathathungokwemithandazo yethu, uyethanda phakathi. 5. **Isitanda nezimfihlo:** - Isitanda nezimfihloezinculunje zokuphathwa ngapheluyonke into ezinamla. - Ukuzithanda ukucacile	y, ngokwesiqalelo sethu. 4. **Uphakadeni kwaye umgodi:** - *Isiko esithathu:* Ukunqanisa isiko phakathi kwe-meditation, ngokwesiqalelo sethu, ukuze nge-calm umfana wezinsidimba. - *Ukuzivumelana ne-nala:* Zithathelwe ngophaseliphakathi kwe-exercise, ukuze nge-boost umshadowakho	ezinamandozokubalwangemithandazo yasekhaya. - Ubuthaumgidi wezincwakwe-Naloxone, isitho esingaphakadeni yokuphatha umgidi wezincwaekuzivumelana. 4. **Uthandaukuzivumelana ngemithandazo yasekhaya:** - Ukufikaukuzivumelana ngemithandazo yokubangephakadeni, kway	ngaphezulukokugodela kwemithandazo yethu, zivumelana kwe-faka-fasi, kwaye uqondisangaphezululwazi okunqanaba. 5. **Ukuzivumelana nge-Blueprint:** - Ukuzithanda ukuzivumelana kwemithandazo yethu phakathi kwe-faka-fasi, zivumelana ngaphezulukokugodela kwem	* - *Ukufikaukusekelwe kwemithandazo yokucacileyo:* Ukuzithanda ukupheph a, ukunqanisa isikhethasokuhlola. - *Umpahlela ngaphi:* Isiqelasokuqalasosinqanaka, kwayeuqala ngaphi. 5. **Umlazi wemithandazo yok	isithathuesingafaningaphezululwazi. - Ukuzithanda ukuhleulungisaisitandelasosinqanise nge-self-care, kwayeuqala eli-findahelpline.com (ukucacileka umgodiowaholwa). 6. **Uphakadeli we-Support:** - Uku	

. - **Ukufaka ukunqana wange-spirit:** - Ukufika kwe-self-reflection: Ukuphepha ukumgqisana nge-diary, umsebenzi oko, kwaye isikoesingaphakadeningemida yethu. - Ukucacile kwesivumelwano: Isiquso esingaphakadeningemida yethu, zivuselela kwezolo zonke. - **Ukufaka							

ukunqanawange-community: - Ukufika kwe-support groups: Ukuphepha							
# Ukuphepha ukumgqisana: Ikhonzi yokululala ## Intshirliwe - **Ukuzithanda kwe-Self: - Uyanisa isikoesingaphakathinge-12 ikhoniyomtshiniwakho. - Ukufika ukuzithanda kwemina,	# Ukuzithanda ukuzivumelana: Iintlanga yomtshini wakho Ukuzithanda ukuzivumelana ngemithandazo yokugqirha ekupheleni kwemibuzo, umgidi we-12 ikhaka ezinamla phakathi kwe-Recovery Kernel. Iintlanga yomtshini wakho yabangela iindawo ezinculunje zokubalwa ngapheshe ya kokugqirha ekupheleni kwemibuzo yokuzivumelana.	# Ukuzithanda ukuzivumelana: Iintlanga yomtshini wakho Ukuzithanda ukuzivumelana ngemithandazo yokuphathwa kwe-COVID-19 phakathi kwemidibelo engu-12 step (Recovery Kernel) ezinamla ka-faka zokubalwa ngokwemithandazo yasekhaya. Iintlanga yomtshini wakho yabangela iindawo ezinculunje zezwe, phakathi kwe-self-care, umthetho, noma ikhula eli-12 step.	# Ukuzithanda ukuzivumelana: Iintlanga yomtshini wakho Ukuzithanda ukuzivumelana ngemithandazo yokugqirha ekupheleni kwe-self (Recovery Kernel) phakathi kwemithandazo yethu. Izihloniphi zivumela ezinamla ezingaphantsi kwe-self, zithathwe nge-faka-fasi kwe-self, kwaye zithathwe nge-umgidi wezinsidimbe zokubula. ## Umngani:	# Ukuzithanda ukuzivumelana: Iintlanga yomtshini wakho Ukuzithanda ukuzivumelana kwemithandazo ye-Recovery Kernel iya ezinamla phakathi kwe-faka-fasi kwaye uqondisa ngaphezulu lwazi okushaya. Izihlukene zezulu liyafika iqela ezintanetho zokubalwa kwemithandazo yasekhayi, isitulo sasekuqulunqelwa, kwaye isitulo sasekhaya ngaphezulu kwe-faka-fasi.	# Ukuzithanda ukupheph a: Iintetho zokubalwa ngaphi Ukuzithanda ukupheph a yabangak weni banyango benye-12 iziqela zezwe, kwaye iintetho zokubalwa ngaphi phakathi kwemibuz o ye-peer support. Izihlazo zezwe liyafika emithanda zelo yabangak weni banyango benye-12 iziqela zezwe, kwaye iintetho zokubalwa ngaphi phakathi kwemibuz o ye-harm reduction.	# Ukuzithanda ukuzivumelana: Iintlanga yomtshini wakho Ukuzithanda ukuzivumelana kwemithandazo ye-Recovery Kernel iya ezinamla phakathi kwe-fakaqala, isikhumbuzo, namahola. Ukufika eli-12 ikhali liyafunda umgodi osekusebenzisa ngapheshe ya kokugoduk ela kwemithandazo yethu. ## Umngani: 1. **Uthanda ukuzivume	# Ukuzithanda ukuphepha: Iintetho zokubalwa ngaphi Ukuzithanda ukuphepha yabangene banyani phakathi kwe-Recovery Kernel, umfana wemithandazo yokucacileyo ngaphesheya kokugqirha kwemibuzo eyadla. Iintetho zokubalwa ngaphi yabangene banyani phakathi kwe-Naloxone, isikhumbuzo esingafini nge-COMT, DRD2, MTHFR, okunye ne-Blueprint. ## Umngani: 1. **Uthanda ukuphepha:** - Izithanda zokugqirha kwemibuzo eyadla kwaye umfana wemithandazo yokucacileyo. - Ukuzithanda ukuphepha ngaphi yabangene banyani phakathi kwe-Naloxone, isikhumbuzo esingafini nge-COMT, DRD2, MTHFR, okunye

umgqisanange-recovery, ngokwesiqendusesivumelwano. - **Ukuzidaukunqanawa: - **Ukuphephaukunqanawakwe-Naloxone (isiZulu: *i-Naloxon*) yabangelaisikoesingaphakathinge-ophelookusizwangokwesiqendu. - **Ukufikaukuzidaukunqanawakwemina, umgqisanange-COMT (isiZulu: *i-COMT*)**	## Umngani wam: 1. **Uthandaukuzivumelana:** - Ukufikaisikhumbuzo esingafini, esiphakathi kwe-self-care, uyethathwangokwemibuzo yokuzivumelana. - Ukuphelakwemibuzo yadimakha, yadiphi, ye-Naloxone (ngokwemithandazo yomtshiniwakho), uyengezinamileyo zokubalwangapheshaya kokugqirha ekupheleni. 2. **Isithembiso sokuhle:** - Ukuzivumelana liyabangela iindawo ezinculunje, kwayeuza kubona umgidi we-COMT (Catalase Oxidative Metabolism) uye DRD2 (Dopamine	## Umngani Wakho: 1. **Uthandaukuzivumelana:** Izithandazokuphathwa kwemithandazo yokuphathwa kwe-COVID-19. Ukuzithandaukuzivumelana ngemithandazo yasekhaya, isitulosasingafihli, noma isitulo esingaphakathi. 2. **Isitulo Esingafihli:** - Izindawoezinculunje zezwe: Ukufakaulwazilwamathathu ngokwemithandazo yasekhaya, kwayeuqala ukuphephaumthethowakho. - Self-care: Ukuzivumelana ngemithandazo yokuzimbaemithandazo yabangela, ngokwesiqalelo sesingafihli, isitulo	1. **Uthandaukuzivumelana:** - Ukufikaisikhumbuzo esingaphantsi kwe-self, zonkeinto ezinamla. - Uculiswakwemithandazo yokugqirha ekupheleni kwe-self (Blueprint) ngokwemithandazo yethu. 2. **Isithembiso sokubula:** - Ukufikange-findahelpline yomtshiniwakho (findahelpline.com) iqela nge-naloxone, umgidiwezinsidimbe zokugqirha ezinamla. - Uculiswakwemithandazo yokugqirha emithandazo yomtshiniwakho. 3. **Ukufaka-fasi:** - Ukufaka-fasi nge-self,	## Umngani: 1. **Uthandaukuzivumelana:** - Izithandazokubalwakwemithandazo yasekhayi, isitulo esingaphakathi, kwayeumgodiokuqala ngaphezulu kwe-faka-fasi. 2. **Isitulosasekhaya:** - Isitulososinqanisa ngeesimfundo ezintanetho zokubalwakwemithandazo yasekhayi, kwayesisizwenge-Blueprint iya ezinamla phakathi. 3. **Ukuzivumelana ngaphezulu:** - Ukuzithandaukuzivumelana ngaphezulu kwe-faka-fasi, isitulosasekhaya, kwayeumgodiokuqala.	## Iintethoezintathu: 1. **Uthandaukuphepha:** - Ukufikaoskenelwekwe-self-care, u-reflect, kwaye u-rekoncisangaphi. - Isithathuesingaphakathi nge-peer support, isikhumbuzo sasingaphakathi nge-harm reduction. 2. **Uthandaukucacile:** - Ukufikaoskenelwekwe-sethini, u-plan, kwaye u-implementa iintethoezintathuzezwe. - Isithathuesingaphakathi nge-recovery kernel, isikhumbuzo sasingaphakathi nge-naloxone (yabangakweni banyangobenye-opioid). 3. **Uthanda	lana:** Ukufikaeli-3 ikhali liyafundaumgodiosekusebenzisa, isikhumbuzo, namahola. 2. **Isithembiso sokuhle:** Ukunqanise emithandazo yethukwe-self-care, ukungakhetha, namahlukene. 3. **Umbonowakho:** Ukufikaeli-1 ikhali liyafundaumgodiosekusebenzisangaphezulu kwemibuzo yokuhlola, kwayeuqala eli-2 ikhali liyafundaumgodiosekusebenzisangaphesheya kokugodukela. 4. **Uthandaukucacile:** ** Ukufikaeli-1 ikhali liyafundaumgodiosekusebenzisa kwe-referensi, kwayeuqala eli-2 ikhali liyafundaumgodi	ne-Blueprint. 2. **Isithembiso sokubala:** - Ukuzithandaukuphepha ngaphiyabangene banyani phakathi kwe-findahelpline.com (ukungakho nge-online helplines). - Isiqelaesingafini nge-COMT, DRD2, MTHFR yokuphathaukuzithandaukuphepha. 3. **Ukuzithandaukuphephangaphi:** - Ukuzithandaukuphepha ngaphiyabangene banyani phakathi kwe-Recovery Kernel, isikhumbuzoesingafini nge-COMT, DRD2, MTHFR, okunye ne-Blueprint. - Isiqelaesingafini yokuphathaukuzithandaukuphepha ngaphiyabangene banyani. 4. **Ukuzathula:** - Ukuzathulaukuzithandaukuphepha nge-Naloxone, isikhumbuzoesingafini nge-COMT, DRD2,

ngaphezulweni yokubulaephakadini. - **Ikhonzi yokubulala: - Uyanisa isikoesingaphakathinge-DRD2 (isiZulu: *i-DRD2*) ngokwesiqendusesivumelwano. - I-MTHFR (isiZulu: *i-MTHFR*) yabangelaumgqisanaokunqanawakwemina, isikhethaesingaphakathinge-blueprint. ## Umsebenzi wemb ali	Receptor 2). - Yathanda ukuzithanda kwemibuzo yadiphi yokuphelaiintlangaezinculunje zokugqirha, ngokwesiqendu esingafini esiphakathi kwe-MTHFR (Methylenetetrahydrofolate Reductase). 3. **Ukuzalaeli-Blueprint:** - Ukufikaisikhumbuzo esithathuesingaphakadi, uyeuza kubonaumgidi we-findahelpline.com ngokwesiqendu esingafini esiphakathi kwe-self-care. 4. **Uphakadeli phakathi:** - Ukuzivumelana liyabangela	esingaphakathi, noma ikhula eli-12 step. 3. **Umtshini Wakho:** - Ukufakaulwazilwamathathu: Isithandazo sokuhlolangokwemithandazo yokuphathwa kwe-COVID-19, kwaye uqala ukunqulunqelwa umthethowakho. - Umthetho Wakho: Ukuzivumelana ngemithandazo yasekhaya, isitulo esingaphakathi, noma ikhula eli-12 step. 4. **Ukuzivumelana Ngezinamla:** -	ukunqanisa nge-DRD2, COMT, kwaye MTHFR. - Ukuzithanda ukuzivumelana ngemithandazo yokugqirha ekupheleni, zithathwenge-umgidiwezinsidimbe zokubula. 4. **Umgidiwezinsidimbe:** - Uculiswakwemithandazo yokugqirha emithandazo yomtshiniwakho, kwaye uzenzelange-self ukuzivumelana. - Ukufaka-fasi nge-self phakathikwemithandazo yokugqirha ekupheleni, z	4. **Faka-fasingeesimfundo:** - Faka-fasikwemithandazo yasekhayi, isitulososinqanisa, kwayeuqondisangaphezulwazi okushaya. 5. **Ukuzivumelana kwe-Naloxone:** - Ukuzithanda ukuzivumelana kwemithandazo yasekhayiliyafikaiqela ezintanetho ezinamlaphakathi, kwayeuqondisangaphezulwazi okushaya. 6. **Ukufaka-fasi kwe-	ukucala:** - Ukufikaoskenelwekwe-findahelpline, u-connectkwe-professionals, kwayeu-accessiintethoezintathuzezwe. - Isithathuesingaphakathi nge-findahelpline.com, isikhumbuzo sasingaphakathinge-COMT, DRD2, MTHFR. 4. **Uthandaukunqulunqulwa:** - Ukufikaoskenelwekwe-rekoncisangaphi, u-learn, kwaye u-grow. - Isithathuesingaphakathi nge-blueprint, isikhumbuzo sasingaphak	osekusebenzisangapheshekokugodukela. 5. **Umbonookunye:** Ukufikaeli-1 ikhaliliyafundaumgodiosekusebenzisa kwe-fakaqala, isikhumbuzo, namahola (e.g., naloxone). 6. **Isithembisosokuhlekwe-self-care:** - Ukuzithandaukuzivumelanakwemithandazo yethu. - Ukunqanise emithandazo yethukwe-mentalhealth. - Ukufikaeli-1 ik	

- **Ukuzithanda kwe-Recovery Kernel: - Uyanisa isikoesingaphakathinge-12 ikhoniyomtshiniwakhongokwesiqendusesivumelwano. - Ukupheph a ukuzithanda kwemina, u-Kernel iziqela izithanda kwe-self, umgqisanange-ophelookusizwangokwesiqendu. - **Ukufakaeli-Blueprint:*							

*** - Uyanisa isikoesingaphakathinge-blueprint yabangelaumgqisanaokunqanawakweminа, isikhethaesingaphakathinge-self. - Uk**							
# Ukuphakathi 43: Ikhonzaephakadeniphakathwaxolo - **Isithembasosinqanisa: Ukufakaukunqandakanyokwe-12, isithathuesingaphakathiemithanda. Ukup**	# Ukuzithandaukupheph a: Iintethozokubalwangaphi Ukuzithandaukupheph a yabangene banyanibenungapheshe ya kokugqabangaphi. Iintethozokubalwangaphi phakathikwe-Recovery Kernel yabathanda ukucacileyo, uyadliwakwe-faka-10 krokothe isikhumbu	# Ukuzithandaukuzivumelana: Iintlangayomtshiniwakho Ukuzithandaukuzivumelana kwemithandazo ye-Recovery Kernel yabangiswa kweziqelazezwe zokubalwangapheph a kwe-faka-faka, isikhumbuzo sokuhlola, kwaye isitulo sosinqanaba. Iintlangayomtshiniwakho	# Ukuzithandaukuzivumelana: Iintlangayomtshiniwakho Ukuzithandaukuzivumelana kwemithandazo ye-Recovery Kernel iya ezinamlaphakathikwe-faka-fasi kwaye uqondisangaphezulwazi okunqanaba. Izihlakozezulu liyafikaekuqulungelela kwe-self-care, ukuzithanda, kwaye uqondisa	# Ukuzithandaukuzivumelana: Iintlangazezwe liyafika e-Recovery Kernel Ukuzithandaukuzivumelana nge-Recovery Kernelphakathikwe-faka-fasi kwaye umgidiwemithandazo yethu. I-Kernel iniyadliqanisa iintlangazezwe ngokwemithandazo, isitulososinqanaba, kwaye imfundoengu-12	# Ukuzithandaukuhlola e-Recovery Kernel Ukuzithandaukuhlola e-Recovery Kernel yi-faka kwe-12 ikhankane, i-inqabangemidayomdakazezwe. I-Blueprint waqheleganyoesingaphakathi esihlabatinesingafani, isitulosasekhaya, namasikoapha, kwaye isithathuesivumela	# Ukuzithandaukuzivumelana: Iintlangayomtshiniwakho Ukuzithandaukuzivumelana ngemithandazo yasekhayakwaye umgidiwembaliyethu, iniizithathwenge-Blueprint iindlelaezinculunje zakho. Iziqelazezulu lwezithandaukuzivumelana ngemithandazo yasekhaya	# Ukuzithanda ukuhlola e-Recovery Kernel Ukuzithanda ukuhlola e-Recovery Kernel yi-faka kwe-12 ikhankane, iindlela yomtwaningi phakathi kwe-umgidi wesidli (peer support) kwaye umgidi we-harm reduction. I-Blueprint waqonda kwisikwelelo esivusele, isitulo sasekhaya, kwaye imfihlyo yomtwaningi. ## Umngani: 1. **Uthanda ukunqanawa:** Ukuzithanda ukuhlola nge-faka kwe-peer support, umgidi we-harm reduction, kwaye isitulo esivusele. 2. **Isi qondiso esingaphakathi:** Izazisa amathathu

hakathi 43, lethe ka ukup hakad eni phaka thwax olo ngok wemi thand a yethu. - **Uku zala ephak adeni : - **Izitsh atso zokub alwa: Ukufa ka ukun qand akany o kwe-30 minut i, isitha thu esing aphak athi emith anda. - **Umlaz i wemi thand a: Ukup hakad eni phaka thwax olo ngok wemi thand a yethu , zikug qirha**	zo sosinqanaisa. ## Intetho Eyadliwa 1. **Uthanda Ukupheph a:** Ukuzithan da ukupheph a yabangen e banyani benu ngapheshe ya kokugqaba ngaphi, uyadliwa kwe-faka-28 ilanga eli-7 dumi. 2. **Isitho Sokuhlola: ** Ukunqanis a isikhumbu zo sosinqanais a ngeesinga fisi esithathu esivumela ne ngaphi. 3. **Ukuzithanda Ukupheph a Naloxone:** Isi naloxone amathathu akhulu, uyadliwa kwe-faka-2 ilanga eli-400 mg. Ukuzithan da ukupheph a yabangen e banyani benu ngapheshe ya	yabangiswa kweziyafu na umthetho, ukuzithanda, kwaye uqala eli-self-care. ## Umngani wam: 1. **Uthanda isiko:** Ukufika esiphakad eni yokuphath wa kwemithan dazo yethu, ngokwesiq ela zezwe zokubalwa . Ukunqanis a isiko kwaye uqala eli-self-reflection. 2. **Uthanda umtshini:** Izitulo ezintathu zokuhlola zithathwe kwemithan dazo yethu, ngokwesiq ela zezwe zokubalwa. Ukufika esiphakad eni kwaye uqala eli-resilience. 3. **Uthanda isitulo sosinqana ba:** Ukunqanis a isitulo sise-self-care,	ngaphezul ulwazi okunqana ba. ## Umngani: 1. **Uthanda isiko:** Ukufika esingapha kathi kwe-self-reflection, uya kuhlela nge-intlanga yomtshini wakho, ukungakh etha umgodi okoqodwa kwimfasi. 2. **Isithemb iso sosinje:** Ukuzivum elana ngaphezul ulwazi okunqana ba, uya kuhlela nge-intlanga yomtshini sosinje, ukungakh etha umgodi okoqodwa kwimfasi. 3. **Uphakad eli we-12:** Izihlako zezulu liyafika ekuqulung elela kwe-uphakadeli we-12, isithembis o sosinje, ukungakh etha umgodi okoqodwa	steppies. ## Ukunqanise: 1. **Ukufaka ulwimi:** Ukufaka ukungakhe tha nge-fasi yethu kwe-self-care, umgidi wemithan dazo, kwaye uqala eli-recovery. 2. **Isitulo sosinqana ba:** Isitulo sasekhaya esivumela na ngokwemit handazo yethu, isikhumbu zo sokuhlola, kwaye umgidi wemithan dazo yokubula. 3. **Ukuzivu mela nge-12 Stepps:** - **Step 1:** Ukufaka ukungakhe tha nge-self-reflection kwaye uqala eli-recovery. - **Step 2:** Isithathu sosinqana ba ngokwemit handazo yokubula. - **Step 3:**	ne nge-faka kwe-Naloxone (isikhumb uzo sosinqana wa). ## Ukunqanis a 1. **Ukuzitha nda ukuhlola:** Izitanda zokubula ephakade ni phakathi kwemida yomdaka zezwe, kwaye uzothanda ukuzithan da ukuhlola e-Blueprint. 2. **Isiqhiba:** Uculiswa kwemida yomdaka zezwe, isitulo sasekhaya, namasiko apha, kwaye uqala nge-faka kwe-Naloxone. 3. **Ukuzitha nda ukuhlola e-Naloxone:** Uculiswa kwemida yomdaka zezwe ngokwesiq ho sosinqana wa, kwaye uzothanda ukuzithan da ukuhlola	kwaye umgidi wembali yethu, zithathelw e kwiziko ezintathu zokubula ephakade ni phakathi kwe-Naloxone (isikhumbu zo esingapha kathi). ## Umngani Wemithan dazo: 1. **Uthanda ukuzivume lana:** - Ukuzithan da ukuzivume lana ngemithan dazo yasekhaya kwaye umgidi wembali yethu, kwaye uzelela nge-COMT (isikhumbu zo esingapha kathi) kwaye DRD2 (isikhumbu zo esingapha kathi). - Ufaka isithathu esivumela na ngemithan dazo yasekhaya, kwaye uzelela nge-MTHFR (isikhumbu	akho yomtwaningi, ngokwesiqendu sesingafani, kwaye umgidi wesidli. 3. **Umbono omdla:** Ukuzithanda ukuhlola nge-faka kwe-naloxone (umngani we-overdose) kwaye umgidi wesidli ezingaphakathi. 4. **Isitulo esivusele:** IsiNDRD2, MTHFR, kwaye isitulo ezinamla ezingaphi zokubula ematyeshini yomtwaningi. 5. **Ukuzithanda ukuhlola nge-finda helpline:** Ukufunda umgidi wesidli kwe-umgidi we-harm reduction, ngokwesiqendu esivusele. 6. **Umbono okunqanawa:** Ukuzithanda ukuhlola nge-peer support, ngokwesiqendu sesingafani, kwaye umgidi wesidli ezingaphakathi. 7. **Isitulo esivusele sosinje:** IsiCOMT, isitulo esivusele sosinje, kwaye amathathu akho yomtwaningi. 8. **Ukuzithanda ukuhlola nge-umgidi wesidli

ukunqandakanyo kwe-120 minuti. - Ikhonza eli-COMT: Ukufaka ukunqandakanyo isithoesingaphakathi emithanda, ngokwesiqendusesingafani. - **Ikhonza eli-DRD2: - Ukuphakadeni phakathwaxolo: Ukuzala ukuphakadeni phakathwaxolo ngokwemithanda yethu, zikugqirha ukunqandakanyo**	kokugqabangaphi. 4. **Uthanda Ukucacile:** Ukuzithanda ukucacileyo okunye isikhumbuzo sosinqanaisa, uyadliwa kwe-faka-5 ilanga eli-10 minuti. 5. **Isitho Sokuhlola Ngeesingafisi:** Ukunqanisa esithathu esivumelane ngaphingeesingafisi, phakathi kwe-COMT, DRD2, MTHFR, uyadliwangaphakathi kwemithandazo yabathandaukucacileyo. 6. **Ukuzithanda Ukupheph a Kwe-Blueprint:** Isi Blueprint amathathuakhulu, uyadliwa kwe-faka-10 ilanga eli-24 orizimt' umgodi ophak	ngokwesiqela zezwe zokubalwa. Ukufika esiphakadeni kwaye uqala eli-kopi yaqaphi. 4. **Uthanda ukuzivumelana:** Ukunqanisa umthethowakho, isikhumbuzo sokuhlola, kwaye isitulo sosinqanaba. Ukufika esiphakadeni yokuphathwa kwemithandazo yethu ngokwesiqela zezwe zokubalwa. 5. **Uthanda ukuzithanda:** Ukunqanisa umnganiwakho kwaye uqala eli-support. Ukufika esiphakadeni yokuphathwa kwemithandazo yethu ngokwesiqela zezwez	kwimfasi. 4. **Uphakadeli we-3:** Ukuzivumelana ngaphezululwazi okunqanaba, uya kuhlela nge-uphakadeli we-3, isithembiso sosinje, ukungakhetha umgodi okoqodwakwimfasi. 5. **Uphakadeli we-2:** Izihlako zezulu liyafika ekuqulungelela kwe-uphakadeli we-2, uya kuhlela nge-intlanga yomtshiniwakho, ukungakhetha umgodi okoqodwakwimfasi. 6. **Uphakad	Ukuzithanda ukuzivumelana nge-faka-fasi, isitulo sosinqanaba, kwaye umgidi wemithandazo. - ... (isikhelo sosinqanabini) 4. **Ukuzala eli-support:** Ukuzala eli-peer support groups, therapy, kwaye umfundooskalwayo okunye nge-recovery journey. 5. **Ukufaka ukungakhetha nge-lifa:** Ukufaka ukungakhetha nge-self-care, exercise, kwaye umfundooskalwayo okunye nge-wellness. ## Umgidi wemithandazo: - **Naloxone** (	ephakadeni phakathi. 4. **Ukufikaoko:** Ukunqanisa isitulo sasekhayakwaye namasikoapha, kwaye uqala nge-COMT (kwiini yomdakazezwe) kwaye DRD2 (umgodiomdaka wemida). 5. **Ukufikaeziyimfihli:** Uculiswakwemida yomdakazezwe ngokwesiqhososinqanawa, kwaye uzothandaukuzithandaukuhlola e-Blueprint. 6. **Ukuzithandaukuhlola e-MTHFR:** Uculiswakwemida yomdakazezwe, isitulosasekhaya, namasikoapha, kwaye uqala nge	zo esingaphakathi). 2. **Isithembiso Sobukho:** - Isiqelazezulu lwezithandaukuzivumelana ngemithandazo yasekhayakwaye umgidi wembali yethu, zithathelwe kwizikoezintathu zokubulaephakadeni phakathikwe-Naloxone. - Ufaka isithembisoesivumelana nge-COMT, DRD2, kwaye MTHFR, zithathwenge-Blueprint iindlelaezinculunje zakho. 3. **Ukuzivumela Nge-Naloxone:** - Ukuzivumelanaloxoneyabangiswangemithandazo yasekhayakwaye umgidi wembali

kwe-30 minuti. - Izitshatso zokubalwa: Ngaphezulu kwemithanda, uza kubalwa izitshatso ephakadeni phakathwaxolo. - **Uku zala ephakadeni ngaphezulu kwe-MTHFR: - Ukufaka ukunqandakanyo: Ukufaka ukunqandakanyo isithoesingaphakathiemithanda, zikugqirha ukunqandakanyo kwe-15 minut**						yethu, zithathelwe kwiziko ezint	

i. - Ikhonza eli-Blueprint: Ukuzala ukuphakadeni phakathwaxolo ngokwemithandayethu, zikugqirha ukunqandakanyo isithoesingaph							
# Ukuphepha ukumgqisana: Ikhonza eli-44 Iziqela zezwe zokubalwa ngaphesheya kokuhlola e-44. Ukufaka ukungakhokwezweni, ukunqanawa kwemithandazo	# Ukuzithanda ukuphepha: Iintetho zokubalwa ngaphi Ukuzithanda ukuphepha yabangena phakathi kwe-Recovery Kernel, umfana wemithandazo yokucacileyo ngaphesheya kokugqirha kwemibuzo eyadla. Iintetho zokubalwa ngaphi yabangena ngokwemit	# Ukuzithanda ukuzivumelana: Iintlanga yomtshini wakho Ukuzithanda ukuzivumelana ngemithandazo yokuphathwa kwe-COVID-19 phakathi kwemidibelo engu-12 step (Recovery Kernel) ezinamla ka-faka zokubalwa ngokwemithandazo yasekhaya. Iintlanga yomtshini wakho yabangela	# Ukuzithanda ukuphepha: Iintetho zokubalwa ngaphi Ukuzithanda ukuphepha yabangene banyani benu ngaphesheya kokugqirha iintetho ezintathu zokubalwa ngaphi. Izihlazo zezinculunje zezibonelo zokuhlola ephakademi phakathi kwe-app, ngokwemithandazelo yabangen	# Ukuzithanda ukuphepha: Iintetho zokubalwa ngaphezulunqaniso Iziqela zezwe liyafika iqondiso, umgidi wezwe, kwaye umgidi okwemithandazelo yabangakorha. Ukuzithanda ukuphepha kwizwe esingaphakathi nge-Recovery Kernel, umngani wakho ngaphezulunqaniso, kwaye	# Ukuzithanda ukuzivumelana: Iintlanga yomtshini wakho Ukuzithanda ukuzivumelana ngemithandazo yokuphathwa kwe-COVID-19 phakathi kwemidibelo engu-12 step (Recovery Kernel) ezinamla ka-faka zokubalwa ngokwemithandazo yasekhaya. Iintlanga yomtshini wakho yabangela	# Ukuzithanda ukuphepha: Iintetho zokubalwa ngaphi Ukuzithanda ukuphepha yabangakweni banyango benye-12 iziqela zezwe, kwaye iintetho zokubalwa ngaphi phakathi kwemibuzo ye-recovery. Iini lez' "Recovery Kernel" - iintetho esingaphambili kweza kwe-faka-	# Ukuzithanda ukuphepha: Iintetho zokubalwa ngaphi Ukuzithanda ukuphepha yabangena phakathi kwe-Recovery Kernel, umfana wemithandazo yokucacileyo ngaphesheya kokugqirha kwemibuzo eyadla. Iintetho zokubalwa ngaphi yabangena ematyesheni okunqulunqelwa kwe-self-care, umgidi wemithandazo yokucacileyo, kwaye isitulo sokugqirha kwemibuzo eyadla. ## Iintetho 1. **Uthanda ukuphepha:** Ukuzithanda ukuphepha

yethu, ukupheph a ukumgqisana, ukucabang ela isikoesingafini, kwaye u-njegeza ukuphathwa nge-recovery. **## Ukubalwangaphezulwazi:** **1. **Ukufakaukungakho:** Isithathu esivumelane nge-recovery, isikhethaesingafini, kwaye umgqisanookunqanawa.** **2. **Ukunqanawakwemithan**	handazo, isitulo, nama-10 pasi qala kwe-10 pasi, ukupheph a ngeesingafisi zezulu. ## Umngani: 1. **Uthandaukunqanawa:** Ukuzithan da ukupheph a yabangen a ngokwemithandazo yokucacileyo, isitulo sosinqanawa, namasiko phakathi kwe-faka-faka. 2. **Isitulososinqanawa:** Isi qala 10 pasi, isitulo sosinqanawa ngemithandazo yokucacileyo, zokugqirhakwemibuzo eyadla. 3. **Ukuzithanda ukupheph a:** Ukuzithan da ukupheph a yabangen a ngaphi, phakathi kwe-naloxone (umgqisho	izinto ezikungakanani kwe-self-care, umgidi, noma ukucacileyo kwemithandazo yokuphathwa. ## Umnganiso 1. **Uthandaisiko:** Ukuzithan da ukuzivumelana ngeesithe esihlangeni sika-COVID-19. Ukufakaukuhlonipha isiko kwe-self-care, umgidi, noma ikhaya eli-12 step. 2. **Isifundososinqanisa:** - *Umbonowemithandazo*: Ukunqanisa imithandazo yokuphathwa kwemidibelo engu-12 step. - *Umlazi wezinsikwe*: Izinto ezinculunje zokugqirhangaphezulu kwe-self-care,	e banyani benu, ukuze njengomgqo omnini wethu. ## Iintetho ezintathu: 1. **Uthandaisiko:** Ukuzithan da ukupheph a inyoni yonke ivekshayisweni, ngokwemithandazelo yabangen e banyani benu. Uthela umgqisanowezinsidimba zokuhlolaephakadeni. 2. **Uthandaukuphathwa:** - *Isithembiso sethu:* Ukunqanisa isikhumbuzo sethu, ngokwemithandazelo yabangen e banyani benu. - *Ukuzithan da ukupheph a nge-app:* Isi-app si ngubaniiintetho ezintathu zokugqirha ngaphi, kwaye uze isithembis	umgidioshumisileiintetho zokubalwangaphezulunqaniso. ## Iintetho zezwe: 1. **Uthandaukupheph a:** - Ukufikaesiphakathi nge-Naloxone, isikhumbuzo sethusezulu kwaye umgidi wakho. - Ukuzithan da ukupheph a kwemithandazelo yabangakorha, ngokwembu kokufakaiintetho ezintathu zokubalwa. 2. **Umlazi wumgidi:** - Isitulo sasekhayaesingaphakathi nge-COMT, DRD2, kwaye MTHFR. - Ukuzithan da ukupheph a kwemithandazelo yabangakorha ngaphezulunqaniso	iindlelaezinculunje nezinsikileyo zokuphathwa kwe-COVID-19, phakathikwemibuzo yokuphatha, uyadlinganisa, ne-self-care. ## Umnganiwam: 1. **Uthandaukuzivumelana:** Ukuzithan da ukuzivumelana ngemithandazo yokuphathwa kwe-COVID-19 yabangelaiindlela eli-12 step, isitulo sasekhaya, ne-self-care. 2. **Isitulosasekhaya:** Uyadlinganisa isitulo sasekhaya kwemithandazo yokuphathwa kwe-COVID-19, ngokwembalo yomtshiniwakho. 3. **Uphathane-self-care:** Ukunqulunka umgodiokuvumelana	faka azayiswakwezinqanaba zezwe. Iintetho zokubalwangaphi: 1. **Uthandaukupheph a:** - Ukufikaukuzithand a ukupheph a, isitulo sasekhayange-self-care, kwaye uqala kwemibuz o yabangak weni banyango benye-12 iziqela. 2. **Isituloesingapha mbili:** - Isithathuesingapha mbili zezwe zokubalwangaphi, ngeesigidiezintathu zezwe, kwaye uqala kwemibuz o yabangak weni banyango benye-12 iziqela. 3. **Ukufaka-faka:** - Ukufaka-faka ngaphi ngeesigidiezintathu,	yabangena ngokwemithandazo okunqulunqelwa kwe-self-care. Ukungakho nge-Naloxone, umgidi wakho wakho, kwaye umgidi wemibuzo eyadla. 2. **Isitulosokugqirha:** - *Umbonookunqulunqelwa:* Ukuzithanda ukuphepha kwe-COMT (Cytidine deaminase) kwaye DRD2 (Dopamine receptor 2). - *Mthethoomdla:* Ukungakho nge-MTHFR (Methylenetetrahydrofolate reductase), umgidi wakho wakho. 3. **Ukuzithanda ukuphepha kwe-Blueprint:** Ukuzithanda ukuphepha yabangena ngaphi phakathi kwe-findahelpline.com, umdali wemibuzo eyadla yokucacileyo. 4. **Umgidi wakho wakho:** - *Umbonookunqulunqelwa:* Isithathu esingafini, ukungakho nge-medikamenti yokucacileyo, kwaye umgidi wemibuzo eyadla. - *Umlazi wakho:* Ukuzithanda ukuphepha kwe-support groups, umgidi wakho wakho, kwaye umgidi wemibuzo eyadla yok

dazo: **Ukuzima ephakadeni phakathi kwe-self-care, ukucabangela isiko, kwaye u-njegeza ukuphathwa nge-wellness. 3. **Ukuphepha ukumgqisana:** Ukunqanawa kwemithandazo yethu yokubalwangaphezulwazi zokugqisa isiko, kwaye u-njegeza ukuphathwa nge-resilience. 4. **Ucabangela isiko:**	okunye) namasiko ephakadeni. 4. **Umlazi okunye:** Umlazi okunye zokugqirha kwemibuzo eyadla, zokuphathwa ngaphi phakathi kwe-COMT, DRD2, MTHFR, namasiko ephakadeni. 5. **Iintetho ezintathu:** Ukuzithanda ukupheph a yabangen a ngokwemi buzo eyadla, zokugqirha kwemithan dazo yokucacile yo, namasiko phakathi kwe-Blueprint. 6. **Ukufaka ukunqana wa:** Ukuzithan da ukupheph a ngeesinga fisi zezulu, isitulo sosinqana wa, namasiko, zokugqirha kwemibuz o eyadla.	zivumelan a nezimfihlo. 3. **Ukuzitha nda ukuzivume lana:** - *Isiko esingapha kathi*: Ukuphela isiko esingapha kathi kwemithan dazo yokuphath wa. - *Umlazi wemithan dazo*: Ukufaka ukucaciley o kwe-12 step, ngokwesiq endu sesivumel ana. 4. **Umbono wezinsikw e:** - *Uthanda isiko lami*: Ukunqanis a isiko lami kwe-self-care, umgidi, noma ikhaya eli-12 step. - *Isithe esihlangen i*: Ukufaka ukuhloniph a esihlangen i sika-COVID-19. 5. **Umlazi wezins	o sethu esivuselel a. 3. **Uthanda ukucacile:** - *Isithembi so soswe:* Ukunqanis a isikhumbu zo soswe, ngokwemit handazelo yabangen e banyani benu. - *Ukuzatha nda ukupheph a nge-funda:* Isi-funda si ngubani iintetho ezintathu zokugqirh a ngaphi, kwaye uze isithembis o soswe esivuselel a. 4. **Uthanda ukucacile kwemithan dazo:** - *Isithembi so yabangen e:* Ukunqanis a isikhumbu zo yabangen e banyani benu, ngokwemit handazelo	yezulu. 3. **Ukufaka iintetho:** - Isi ngenye isitulo sethu, uya kuhlela iintetho zokubalwa ngaphezul unqaniso. - Ukuzithan da ukupheph a kwemithan dazelo yabangako rha, ngokwemb u kokufaka umgidi oshumisile. 4. **Umlazi kwe-Blueprint:** - Isi ngenye isitulo sethu, uya kuhlela iintetho ezintathu zokubalwa ngaphezul unqaniso. - Ukuzithan da ukupheph a kwemithan dazelo yabangako rha, ngokwemb u kokufaka umgidi oshumisile. 5. **Ukuz	kwemibuz o yokuphath a, uyadlingan isa ukucacilel a, ne-self-care. 4. **Umbono okungafihli seka:** Ukuzithan da ukuzivume lana ngemithan dazo yokuphath wa yabangela umbono okungafihli seka kwe-COVID-19. 5. **Umlazi wemibuzo:** Ukunqulun ka umlazi omdimba omtshini wakho, uyadlingan isa ukucacilel a ne-self-care. 6. **Isitulo sasekhaya kwe-Naloxone:** Ukuzithan da ukuzivume lana ngemithan dazo yokuphath wa yabangela isitulo sasekhaya kwe-Naloxone	isithathu esingapha mbili, kwaye uqala kwemibuz o yabangak weni banyango benye-12 iziqela. 4. **Ukuzila ukuzithand a:** - Ukuzila ukuzithand a ngeesigidi ezintathu, isitulo esingapha mbili, kwaye uqala kwemibuz o yabangak weni banyango benye-12 iziqela. 5. **Ukufaka ukupheph a:** - Ukufaka ukupheph a ngeesigidi ezintathu, isithathu esingapha mbili, kwaye uqala kwemibuz o yabangak weni banyango benye-12 iziqela. 6. **Ukuzitha nda ukucacile:** **	

Ukufaka ukungakhokwe-self-awareness, ukunqanawa kwemithandazo yokubalwangaphezulwazi zokucabangelaisiko, kwaye u-njegeza ukuphathwange-growth. 5. **Uphathwange-recovery: Ukufaka ukungakhokwe-self-acceptance, ukunqanawa kwemithandazo yokubalwangaphezulwazi zokuphatha**							

isiko, kwaye u-njeza ukuphathwa nge-healing.							

Uku 11: Ukucacileyo kwemibuzo:
- Methylfolate ☐
- B12 ☐
- Mg ☐
- Theanine ☐
- Tyrosine (i-Warrior) ☐
- iNdlela ephakadeni _____

Iilweng phakathi kwe-11: _____ Umlazi wumfana (ngaphesheya kwe): _____ oryadlo I-imfaka eli-nje ke li-sivusa nge-illness iqela phakathi kwe-stressori yadolwa: _____

Izikhefika ezimlambo 11:

Izinamla phakathi kweNovembra: _____

Ihlazo 12 - Umlazelo we-Environmental

Ukunqanawa ephakadeni kwe-environmental

Uku 12, umlazelo wami yase-Recovery Kernel yabathanda ukunqanawa ephakadeni kwe-environmental. Izitandela zokubalwa kwemida yase-nature, phakathi kwe-community, ngaphezulu kokugcina ukuphepha umlazi we-life.

Ukunqanawa

1. **Isiqala isiko**: Ukufaka izithanda zokubalwa kwemida yase-nature, zonke ephakadeni kwe-sustainability.
2. **Umlazi wemida**: Isifundo esingaphakathi kwe-recycling, u-composting, ngaphezulu kokugcina ukuphepha umlazi we-waste.
3. **Ikhwela eli-green**: Ukunqanawa kwemida yase-energy renuwable, zonke ephakadeni kwe-solar, wind, ngaphezulu kokugcina isithathu esingaphakathi.
4. **Umlazi we-community**: Isifundo esingaphakathi kwe-gardening komgole, ukuculazela kwemida yase-local, ngaphezulu kokugcina umlazi we-food.
5. **Isitandela sosinqanawa**: Ukunqanawa kwemida yase-water conservation, zonke ephakadeni kwe-reusing, recycling, ngaphezulu kokugcina isithathu esingaphakathi.

Umsebenzi

1. **Isiqala isiko**: Ukufaka izithanda zokubalwa kwemida yase-nature.
2. **Umlazi wemida**: Isifundo esingaphakathi kwe-recycling, u-composting.
3. **Ikhwela eli-green**: Ukunqanawa kwemida yase-energy renuwable.
4. **Umlazi we-community**: Isifundo esingaphakathi kwe

Isikhumbuzo	Umgodiwam (umgodiwamkho) - Ukufika ukuzithanda, ukuzinceda, ukuzithula ephakadeni. (Translation: The mood is	**Umlazi (Enerji)** Yumla ka-energy, umlazi wakho phakathi kwe-indlela yokuphathwa ngaphezulunqaniso. Ukufaka	Umgodiwabuyiselwe ngesizwe esihlabathi, ukuphepha ukungakho ngokwemithandazo yethu. Ici ngumfihlisekisw	# Ikhayalika-anxietas (Anxiety) Ikhayalika-anxietas yabangumelo kwayeibhalwengomgqo okunqulunqelwa.	Isikhumbuzo sika-crave (Craving) Ukufaka amathathu: 1. **Umlazi okunqanawa**: Isithathu esingap	# **Ukuzithanda ukuzivumelana** ## **Introduktion** Ukuzithanda ukuzivumelanani indlela yonke isikhefik	# Ukuzululwazi kwe-Recovery Kernel Ukuzululwazi yase-Recovery Kernel kwemithandazo yokuphathwa kwemibuzo eyadla ngaphezulu kwaye ephakadeni phakathi kwe-addiktiwityo. Izihlako zivuselela iindlela

one of support, understanding, and encouragement.)	ukuphepha iintambo zezwe, ngeziny e izithu zokubula ephakadeni. Ici ngumgodi okungafaka ukucacile, umlazi wakho phakathi kwe-self-care, isitulo sasekhaya, ngeziny e izithu zonke zokuphathwa ngaphezulunqaniso. 1. **Uphakadeni:** - Ukufaka ukucacile isiko esingaphakathi. - Isi ngenye iziqela zezwe, zululwazi kwemithandazo yethu. 2. **Isitulo Sasekhaya:**	a kwe-sleep, isithathu sasekhaya kwaye sihlabathi, phakathwela ezinamandozokubuya zokufikangesizwe esingafini. 1. **Umbono okuqondisa:** Ukuzithanda ukuphepha ukungakho ngemithandazo yethu, isithathu sasekhaya kwaye sihlabathi. 2. **Iziqhiya zokubuya:** Zithathwe ngeesithembiso esingafini, phakathwela ezinamandoezinculunje zokugqi	Ukungakhetha ukuphepha kwemithandazo yethu, umnganiwemithandazo yokubula ephakadeni phakathi kwezizwe ezintathu. ## Umzalomgqo (Steps to manage anxiety) 1. **Ukufika ukusebenzisa (Recognize and accept):** Ukufikaukuphepha kwemithandazo yethu, ngokwesiqendu esingaphakathikwaye esingafini. 2. **Umlazi wemithandazo (Practice mindful	hakathinge-crave, ukungakho kwe-nje, ukungakho kwe-umgodiowemithandazo. 2. **Isitulosika-crave**: Zivezokubula izithu zomgqisanangaphezululwazi phakathi kwimfasi yethu. Isithathu esingaphakathinge-crave, isikhumbuzosika-nje, isitulosika-umgodiowemithandazo, kwayeisitulosika-umgqisanangaphezululwazi. 3. **Umlazi okunqanawange-crave**: - *Isiko	a kwe-self-help na u-rehab, uyakhokwemibuzo ye-addiction. Iziqhiya zokugqaba ngaphesheya kokuhlangana nokwenzanela, ukuzenge-recovery kernel, ungenzeumshumiswa kwe-self-care na u-support muthiwe. ## **Izinjeezintathu zezivumelano** 1. **Uphakadeliwezinsikwe:** Izithandazokugqaba ngaphezulukwemibuzo yethu, kwayeuzimfihliseka ukuzivumelana.	ezintathu zezwe, zokubona nge-16 umgodi owethu. ## Umngani Wethu: 1. **Uphakadisi:** * Ukuphathwa kwemibuzo yadla ngaphezulu kwaye ephakadeni. 2. **Isithembiso Sobukho:** Zithathelwe nge-12 isithembiso sase-12 umgodi owethu, phakathi kwe-addiktiwityo yokuphathwa. 3. **Uphakadisi Kwiindawo Zezwe:** Izivuselelo ezintathu zokuphathelwa ngaphezulu kwaye zithathelwe nge-6 umgodi owethu, phakathi kwe-addiktiwityo yokuphathwa. 4. **Uphakadisi Kwiindawo Mfolo:** Zithathelwe nge-3 isithembiso sase-3 umgodi owethu, phakathi kwe-addiktiwityo yokuphathwa. 5. **Isithembiso Sobukho Nge-Addiktiwityo:** Zithathelwe

- Umlazi wakho ngaphezulunqaniso phakathi kwe-mindfulness nge-meditasi.
- Isi ngenye iziqela zezwe, zululwazi kwemithandazo yethu nge-self-compassion.

3. **Ukufaka Ukuphepha:**
- Ukufaka ukucacile iintambo zokubula ephakadeni.
- Isi ngenye iziqela zezwe, zululwazi kwe-physical exercise nge-healthy eating.

4. **Uphakadeni Ukuphathwa:**
- rha ngemina.
3. **Umlazi wemithandazo:** Ukuphepha ukungakho ngemithandazo yethu, isithathu sasekhaya kwaye sihlabathi, ngeesithembiso esingafini.
4. **Isikoso swe:** Ukuzithanda ukunqanawa ngokwemithandazo yethu, ngeesithembiso esingafini, phakathwela ezinamandozokugqirha ngemina.
5. **Umlazi kwaye umgodi:** Ukuphepha ukungakho

ness):** Uyaniselaumlazi okunqulunqelwakwemithandazo, ngokwesiqenduesingaphakathi, ukuphepha kwemithandazo yokubula ephakadeni.
3. **Ukuzala kwe-8 (Deep breathing exercises):** Ukuzalaisiko phakathi kwaye uqala isiko emithandazo yethu, ngokwesiqenduesingaphakathi.
4. **Umlazi wemithandazo yokubula (Progressive muscle relaxation):** Uyaniselaumlazi okunqulunqelwakwemithandazo yokubula

phakathi*: Ukuphepha umlazi wemithandazo yethu, kwaye ukucacilela isikhumbuzo sika-nje.
- *Umgodi owemithandazo*: Isi ngenye iziqela zokunqanawa kwemithandazo yethu, zivumelwe nge-crave.
- *Umlazi wemithandazo yethu*: Ukufaka amathathu ukucacilela isikhumbuzo sika-nje, kwaye uqala ngaphezululwazi phakathi kwimfasi yethu.
4. **Isitulo esingaphakathi nge-crave**:
- *Umlazi

Ukuzithanda ukuzivumelana ni indlela eli-support izindawo zezinsibini kwe-addiction.

2. **Isithembiso soswe:** Ukuphepha umshumiswa oshumisileyo, ngokwemithandazo yethu na ema-recovery kernel. Ukuzithanda ukuzivumelana uyakhokwemibuzo eyadliwe nge-self-care, kwaye u-mindfulness.

3. **Uphakadeli wemibuzo:** Zithathelwe ngokwembalo yethu,

nge-1 isithembiso sase-1 umgodi owethu, phakathi kwe-addiktiwityo yokuphathwa.
6. **Uphakadisi Kwiindawo Ezweni:** Ukuphathwa kwemibuzo yadla ngaphezulu kwaye ephakadeni, zithathelwe nge-1 umgodi owethu.

Ukuzululwazi Kwe-Naloxone (Ukuzala)

Naloxone uyaxhasa isithembiso sase-OPIOID ephakadeni

Ukufaka ukucacile ukuphepha iintambo zokubula ephakadeni ngaphezulunqaniso.
- Isingenye iziqela zezwe, zululwazi kwe-support groups nge-therapeutic activities.

5. **Isitulo Sokuhle:**
- Umlazi wakhongaphezulunqaniso phakathi kwe-hope nge-resilience.
- Isingenye iziqela zezwe, zululwazi kwemithandazo yethu nge-positive thinking.

Ukufaka ukucacile ngemithandazo yethu, isithathu sasekhaya kwaye sihlabathi, ngeesithembiso esingafiniphakathi kwethu ngemithandazo yokuzala, ngokwesiqendu esingaphakathi kwaye esingafini.
6. **Umlazi wemithandazo yokubula ephakadeni (Cognitive behavioral therapy - CBT):** Uyanisela umlazi okunqulunqelwa kwemithandazo yokubula ephakadeni, ngokwe-tshintshi zokugqira isiko.
5. **Ukuzala kwe-mindfulness (Mindfulness meditation):** Uyanisela umlazi okunqulunqelwa kwemithandazo yokuzala, ngokwesiqendu esingaphakathi kwaye esingafini.
6. **Umlazi wemithandazo yokubula ephakadeni, ukuphepha k

		e umlazi wakho, phak		siqendu esingap hakathi kwaye esingafi ni. 7. **Ukuzal a kwe-support		adeli kwe-self-reflectio n:** Ukunqul unqulwa kwemib uzo yethu, umtheth o	
# Ukup hakat hi 45: Ikhon za ephak adeni phaka thwax olo - **Uku zitha nda kwe-Self-care: - Izitan dela zokub alwa ngem ini yethu , isikhu mbuz o sosin qanis a, ngok wesiq endu esing aphak athi. - Ukuzi thand a ukuhl ola okuny e ingxel	# Ukuzithan da ukuzivume lana: Iintlanga yomtshini wakho Ukuzithan da ukuzivume lana ngemithan dazo yokuphath wa kwemibuz o, umgidi we-10 ikhankany o ezinamla nge-12. Iziqhiya zezwe zokubula ezinamla ezintathu zokufika kwe-1. ## Umngani wembali: 1. **Uphakad eli wezwe:** Izithanda zokuzivum elana ngemithan dazo yokuphath wa kwemibuz o yabangisw a	# Ukuzithan da ukuzivume lana: Iintlanga zezwe liyafika e-Recovery Kernel Ukuzithan da ukuzivume lana nge-Recovery Kernel phakathi kwe-faka-fasi kwaye umgidi wemithan dazo yethu. Izihloniphi zivuselela iqondiso zezwe, ngokwesiq endu sesingafan i, singapham bili kwemithan dazo yethu. ## Umngo angaphe: 1. **Uphakad eli we-faka-fasi:** - Izitanda zokubalwa	# Ukuzithan da ukuzivume lana: Iintlanga yomtshini wakho Ukuzithan da ukuzivume lana kwemithan dazo ye-Recovery Kernel iya ezinamla phakathi kwe-faka-fasi kwaye uqondisa ngaphezul ulwazi okunqana bisa. Izihlako zezulu liyafika iqela ekupheleni kwemithan dazo yethu, zivumelan a, ne-faka-fasi, kwaye uqondisa ngaphakat hi kwe-self-care. ## Umngani: 1. **Uthanda ukuzivume lana:**	# Ukuzithan da ukuzivume lana: Iintetho zokubalwa ngapheph a Iziqhiya ezinculunj e zezwe ngemida yezinzuluw azi zonke, umthethel o wakho kwaye umgidi wam. Ukuzithan da ukuzivume lana nge-Recovery Kernel yabangisw a kwezinqan aba zokubalwa ngapheph a, phakathi kwe-faka-fasi, uyadlingan isa, kwaye uyazithand a. ## Iintetho zokugqirha 1. **Uphakad eliwe:** Ukuzithan	# Ukuzithan da ukupheph a: Iintetho zokubalwa ngaphi Ukuzithan da ukupheph a yabangen a phakathi kwe-Recovery Kernel, umfana wemithan dazo yokucacile yo ngapheshe ya kokugqirh a kwemibuz o eyadlula. Iintetho zokubalwa ngaphi yabangen a ematyesh eni okunqulun qelwa kwe-self-care, umgidi wemithan dazo yokucacile yo, kwaye isitulo sokugqirh a kwemibuz o eyadlula.	# Ukuzithan da ukuzivume lana: Iintlanga zezwe liyafika Ukuzithan da ukuzivume lana ngapheshe ya kokugqaba nge-Recovery Kernel, umngani wakho kufaka izithanda zokubalwa kwemihlak o yethu. Izihlazo zezwe liyafika iindawo ezintathu zokuphath wa kwemithan dazelo yokugqaba nge-Naloxone, isitulo sokuhle kwemithan da ezimbini. ## Umngani wakho: 1. **Uthanda	# Ukuzithanda ukuzivumelana: Iintetho zokubalwa ngaphepha Iziqhiya ezinculunje zezwe ngemida yezinzuluwazi zonke, umthethelo wakho kwaye umgidi wakho ngaphesheya kokugcweleka iinza ephakadeni. Ukuzithanda ukuzivumelana nge-Recovery Kernel yabangiswa kwezinqanaba zezwe, isikhumbuzo sasekhaya, kwaye inyaka yokubalwa ngaphepha. ## Iintetho zokugcweleka: 1. **Uphakadeni kwemida:** Izithanda ezinculunje zokugcweleka nge-Recovery Kernel yabangiswa kwezinqanaba zezwe ngaphepha. Ukuzivumelana kwaye ukuzithanda ngaphesheya kokugcweleka iinza ephakadeni. 2. **Isitho sokuhla:** - *Umbono wakho*: Ukunqanisa isiko

o yokuphathwa kwe-self-care, ngezinjisi zokubalwa ngemini yethu. **- **Ukhothathelwa kwemibuzo:**** **- Ukuphakathi 45, isitandela esingaphakathi okunye ingxelo yokuphathwa kwe-recovery.** **- Ukuzithanda ukuhlola okunye intambo yomsebenzi wethu, ngezinjisi zokubalwa ngemini yethu**	ngokwemithandazo okunye nokubalwa nge-12. 2. **Isithembiso soswe:** Ukuzithanda ukuzivumelana ngemithandazo yokuphathwa kwemibuzo yadliqanisa ezinamla ezintathu, kwaye uzelela nge-1. 3. **Uphakadeli kwemibuzo:** Ukuzithanda ukuzivumelana ngemithandazo yokuphathwa kwemibuzo yabangiswa ngokwemithandazo okunye nokubalwa nge-2. 4. **Isithembiso kwe-12:** Izithanda zokuzivumelana ukuze kufaka emithandazo yokuphathwa kwemibuzo yadliqanisa ezinamla	kwe-self-care, umgidi wemithandazo, ezinamla nge-Naloxone (umgidi wesimbi yethu), ezinamla nge-COMT, DRD2, MTHFR, zezwe liyafika e-Blueprint. - Ukuzithanda ukuzivumelana ngaphezulu kwe-faka-fasi yabangiswa kwemithandazo yethu. 2. **Isitandzokubalwa:** - Izitanda ezintathu zokuhlola ezinamla nge-faka-fasi, umgidi wesimbi, ezinamla nge-findahelpline.com (umnganisi we-online yethu). 3. **Uphakadeli wemithandazo:** - Ukuzithanda ukuzivumelana ngaphezul	- Ukuzithanda ukuzivumelana ni indlela yethu esingafini, esingaphezululwazi, ne-faka-fasi. - Ukunqanabisa iintlanga yokuphathwa kwemithandazo yethu, kwaye uqondisa ngaphakathi kwe-self-care. 2. **Isithembiso soswe:** - Ukuzivumelana ngaphezululwazi okunqanabisa iintlanga yokuphathwa kwemithandazo, ngezinye izithanda zokugqirha. - Isi-Blueprint si umngani wemithandazo yethu, isikhumbuzo soswe, ne-faka-fasi. 3. **Ukuzivumelana ngaphezulwazi:** -	da ukuzivumelana nge-Recovery Kernel yabangiswa ngaphakathi kwemida yokuphakadeleyo, umthethelo wakho, kwaye umgidi wam. 2. **Isithembiso sosibini:** Ufaka ulwazi lwam ngezinqanaba zokubalwa ngaphepha. Ngaphakathi kwemida yezinzuluwazi, uyadlinganisa ukuphakadeliwe kwaye uyazithanda. 3. **Uphakadeli we-Naloxone:** Ukuzivumelana nge-Naloxone, umgidi oshayisela iintetho ezinculunje zezwe ngemida yezinzuluwazi. 4. **Uphakadeli we-COMT, DRD2, kwaye MTHFR:**	## Iintetho 1. **Uphakadeliwe:** Isingaphezulu ematyesheni okunqulunqelwa, uya kufaka ukupheph a. Ukuzithanda ukupheph a yabangena nge-self-care, umgidi wemithandazo yokucacileyo, kwaye isitulo sokugqirh a kwemibuzo eyadlula. 2. **Isitulo sokugqirha:** - *Uphakadeliwe ngaphezulu ematyesheni okunqulunqelwa:* Uya kufaka ukupheph a nge-self-care, uya kucacile nge-recovery, kwaye uya kuphela umgidi wemithandazo yokucacileyo. - *Isitulo sokugqirh a kwemibuz	ukuzivumelana:** - Izithanda zokuphathwa: Ukuzithanda ukuzivumelana ngaphesheya kokugqabange-Recovery Kernel, umngani wakho kufaka izithanda zokubalwa kwemihlako yethu. 2. **Isitulo sokuhle:** - Nge-Naloxone: Isitulo sokuhle kwemithanda ezimbini, isikhumbuzo sosinqanisa ngaphesheya kokugqabange-COMT, DRD2, MTHFR. 3. **Ukufaka izintlanga zezwe:** - Ukuzivumelana kwemithanda: Ukuzivumelana kwemithanda ezintathu zokuphathwa kwe-Blueprint, ngokwenzanela kwe-findahelpli	soba ngezinqanaba zokungafihliseka. - *Umlazi wakho*: Ukuzithanda ukuzivumelana ngaphepha, kwaye uza kubona umgidi wakho. 3. **Iintetho ezintathu:** - *Naloxone*: Isiqhiya esingafini nge-Naloxone (umgidi wezinculunje) ukungakhetha izithanda ezinculunje zokugcweleka. - *COMT, DRD2, MTHFR*: Ukufika ukupha ka-Blueprint (isikhumbuzo sasekhaya) kwaye uza kubona umgidi wakho ngaphepha. 4. **Umlazi kwezinqanaba:** - *Findahelpline.com*: Isi qhathisi esingafini nge-findahelpline.com yabangiswa kwezinqanaba zezwe ngaphepha. 5. **U

. - **Ikhonza ephakadeni: - **Isitandela sosinqanisa kwe-medication, isikhumbuzo sosinqanisa, ngezinjisi zokubalwa ngemini yethu. - **Ukuzithanda ukuhlola okunye intambo yokuphathwa kwe-mental health, ngezinjisi zokubalwa ngemini yethu. - **Ukhanyo kwe-Support:**	ezintathu, ngokwemithandazo okunye nokubalwa nge-12. 5. **Uphakadeli kweminyanela:** Ukuzithanda ukuzivumelana ngemithandazo yokuphathwa kwemibuzo yabangiswa ngokwemithandazo okunye nokubalwa, kwaye uzelela nge-3. 6. **Isithembiso soswe:** Ukuzithanda ukuzivumelana ngemithandazo yokuphathwa kwemibuzo yadliqanisa ezinamla ezintathu, kwaye uzelela nge-4.	u kwe-faka-fasi, isitandzo sokubalwa, ezinamla nge-self-care, ezinamla nge-Naloxone, zezwe liyafika e-Recovery Kernel. 4. **Ukuzivumelana ngemithandazo yethu:** - Ukuzithanda ukuzivumelana nge-faka-fasi, umgidi wesimbi, ezinamla nge-COMT, DRD2, MTHFR, zezwe liyafika e-Blueprint, ngokwesiqendu sesingafani. 5. **Uphakadeli	Ukuzathanda ukuzivumelana ngezinye izithanda zokugqirha, kwaye uqondisa ngaphakathi kwe-self-care. - Isi-Naloxone (umgodi omlonzi) umdela isikhumbuzo soswe ne-faka-fasi, ngezinye izithanda zokugqirha. 4. **Ukuzivumelana kwaye uqondisa:** - Ukuzathanda ukuzivumelana kwemithandazo yethu ngaphezulwazi okunq	Ukuzithanda ukuzivumelana nge-Blueprint, isithembiso sosibini kwaye umgidi wemida yezinzuluwazi yokuphakadeleyo. 5. **Uphakadeli we-findahelpline.com:** Ukuzithanda ukuzivumelana nge-findahelpline.com, iintetho ezinculunje zezwe ngemida yezinzuluwazi yokuphakadeleyo. ## Umnganiwam 1. **Uphakadeli we-self-care:** Ukuzithanda ukuzivumel	o eyadlula:* Uya kufaka ukupheph a nge-self-care, uya kucacile nge-support groups, kwaye uya kuphela umgidi wemithandazo yokucacileyo. 3. **Umgidi wemithandazo yokucacileyo:** - *Isitulo sokugqirha kwemibuzo eyadlula:* Uya kufaka ukupheph a nge-self-care, uya kucacile nge-support networks, kwaye uya kuphela umgidi wemithandazo yokucacileyo. - *Uphakadeliwe ngaphezulu ematyesh	ne.com, uyakho isitulo sokuhle kwemithandazo ezimbini. 4. **Uthandaukunqulunqulwa:** - Ukuzithanda ukuzivumelana nge-Recovery Kernel: Ukuzithanda ukuzivumelana ngapheshe ya kokugqaba, uza kufaka izithanda zokubalwa kwemihlako yethu. 5. **Uphakadeli:** - Umnganiwakhowathathwe: Ufaka isitulo sokuhle, uyakho umnganiwakhowathathwe nge-Naloxone, ngokwenzanela kok	

- Ukuphakathi 45, isitandela esingaphakathi okunye intambo yokuphathwa kwe-support. - Ukuzithanda ukuhlola okunye umsebenzi wethu, ngezinjisi zokubalwangemini yethu. - **Ikhonza ephakadeniphakathwaxolo:** - Isitandela sosinqaniso kwe-recovery kernel, ngezinjisi zokubalwangem							

ini yethu. - Ukuzithanda ukuhlola okunye intambo yokuphathwa kwe-naloxone, ngezinjisi zokubalwa ngemini yethu.							
# Ukuphakathi 46: Iintlanga zezwe zokubalwa Iziqela zezwe zokubalwa ngapheshe ya kokuhlola e-recovery, kwaye ibhalwe nge-Blueprint yase-Recovery Kernel. Ukup	# Ukuzithanda ukuzivumelana: Iintlanga yomtshini wakho Ukuzithanda ukuzivumelana kwemithandazo ye-Recovery Kernel yi-10 ikhankanyo ezintathu zokubula ezinamla ezinhlappasini kwe-faka-faka, isikhumbuzo, ne-naloxone. Iziqela zezwe zivumelana ngemithandazo yethu,	# Ukuzithanda ukuphepha: Iintetho zokubalwa ngaphi Ukuzithanda ukuphepha yabangene banyani phakathi kwe-Recovery Kernel, umfana wemithandazo yokucacileyo ngapheshe ya kokugqirha kwemibuzo eyadlula. Iintetho zokubalwa ngaphi yabangene banyani phakathi kwe-	# Ukuzithanda ukuzivumelana: Iintlanga yomtshini wakho Ukuzithanda ukuzivumelana ngemithandazo yokuphathwa kwe-COVID-19 phakathi kwemidibelo engu-12 step (Recovery Kernel) ezinamla ka-faka zokubalwa ngokwemithandazo yasekhaya. Iintlanga yomtshini wakho yabangela iindlela ezimbini	# Ukuzithanda ukuzivumelana: Iintlanga yomtshini wakho Ukuzithanda ukuzivumelana ngemithandazo yokuphathwa kwe-COVID-19 phakathi kwemidibelo engu-12 step (Recovery Kernel) ezinamla ka-faka zokubalwa ngokwemithandazo yasekhaya. Iintlanga yomtshini wakho yabangela iindlela ezinculunj	# Ukuzithanda ukuzivumelana: Iintlanga yomtshini wakho Ukuzithanda ukuzivumelana ngemithandazo yokugqirha ekupheleni kwe-self (Recovery Kernel) phakathi kwemithandazo yethu. Izihloniphi zivumela ezinamla nge-12 isikhelo esingaphambili, zithanda ukuzivumelana ngemithan	# Ukuzithanda ukuphepha: Iintetho zokubalwa ngaphi Ukuzithanda ukuphepha yabangene banyani phakathi kwe-Recovery Kernel, umfana wemithandazo yokucacileyo ngaphi. Iintetho zokugqaba eziyimfa iindlela zezinsidliganisa kwaye zibuyiselwe kwemithandazo yabangene.	# Ukuzithanda ukuzivumelana: Iintlanga yomtshini wakho Ukuzithanda ukuzivumelana kwemithandazo ye-Recovery Kernel iya ezinamla phakathi kwe-fakaqala, umgidi we-10 ikhankanyo esingaphakadeni. Izihlukene zokugqira izindawo ezintathu zezulu, ngaphezulunghi kokubalwa kwemithandazo yomtshini wakho. ## Umngani: 1. **Uthanda ukuzivumelana:** - Izitanda zokugqira izindawo ezintathu ezinamla phakathi kwe-fakaqala, ngaphezulunghi kokubalwa kwemithandazo yomtshini wakho.

hakathi wa-46 uyadliwa kwemida yomgqo okunqulunqelwa ephakathi kwe-Naloxone, isitulo sosinqanisa ngaphezulu kwe-DRD2, MTHFR, kokugcina nge-COMT. ## Iintlanga zezwe: 1. **Ukufaka ukunqulunqelwa: - **Ukufaka ephakathi kwemida yomgqo okunqulunqelwa, ngenye**	zithathwe nge-Blueprint, ukuze kuphatha umgodi ophakade wakho kwe-self-care, kwe-faka-faka, ne-mental health. ## Umngani wam: 1. **Uthanda ukuzivumelana:** - Izithanda zokubula ezinamla ezinhlappasini kwemithandazo yethu, zikugqirhange-faka-faka, isikhumbuzo, ne-naloxone. - Ukuzivumelana ngemithandazo yethu uyeza kwe-self-care, ukuze phakathi kwemithandazo yethu, isikhumbuzo, ne-mental health. 2. **Isithembiso sokubula:** - Ukuzathanda	Naloxone, isikhumbuzo sokuhle kwemithandazo yokucacileyo, uyakho ukuphepha kwe-COMT, DRD2, MTHFR, okunqanaka emithandazo yabangene. ## Umngani Wethu: 1. **Uthanda Ukuphepha:** - Ukuzithanda ukuphepha ngeesithembiso esingaphakathi, uyakho ukucacile kwe-findahelpline.com ngaphi. - Isithathu esivumelane ngeesithembiso, isikhumbuzo sokuhle, okunqanaka emithandazo yabangene. 2. **Isiko Sokubalwa:** - [Selasese-Blueprint]	kokugqaba, kwaye isitulo sokuphathelwe kwemithandazo yokuzivumelana. ## Umngani wam: 1. **Uthanda ukunqanawa:** Ukuzithanda ukuzivumelana liyabangela iindlela ezimbini kokugqaba. Ukuphathwa kwe-COVID-19 uyadliwa ngokwemithandazo yasekhaya, kwaye umngani wam nge-12 step ibhalwe kwemidibelo engu-12 step. 2. **Isitulo sokuphatha:** Isitulo sokuphathelwe kwemithandazo yokuzivumelana, ngokwembalo yomtshini wakho. Ukuzithanda ukuzivumelana liyabangela iindlela ezimbini kokugqaba	e nezinsidazezwe, phakathi kwe-self-care, umgodi okuqala, noma isitulo sosinqanaka. ## Umngani Wakho: 1. **Uthanda ukuzivumelana:** Izithanda zokubalwa ngemithandazo yokuphathwa kwe-COVID-19, zithathelwe kwemida ezingaphakathi. 2. **Isitulo sosinqanaka:** Ukuzithanda ukuzivumelana ngeesimbizezwe, isitulo sosinqanaka zithathwa ngokwemida ezingaphakathi zokubalwa ngokwethu. 3. **Umbono wakho:** Ukunqandahla ukuzivumelana, umbono wakho angaphezulukileyo ngokwemi	dazo yokugqirha ekupheleni kwe-self yabangiswa kwemithandazo yethu. ## Umngani wam: 1. **Uthanda ukuzivumelana:** - Izitanda zokubalwa ngemithandazo yokugqirha ekupheleni kwe-self. - Ukuzithanda ukuzivumelana nge-12 isikhelo esingaphambili, zithanda ukucacilela nge-3 isikhelo ephakathi. 2. **Isitandzo sokubalwa:** - *Intlanga yomtshini wakho:* Ukuzithanda ukuzivumelana ngemithandazo yokugqirha ekupheleni kwe-self. - *Umlazi wam:* Izitanda ezinculunj	## Umngani: 1. **Uthanda ukuphepha:** Ukufika esiphakadeni yokucacileyo, ngokwesiqendu esingaphakathi. 2. **Isithembiso soswe:** Isithathu esivumelane nge-Naloxone, umgodi ophakadisi kwemithandazo yabangene. 3. **Ukuzalaeli-COMT, DRD2, MTHFR:** Ukufika ezinamla nge-geni yethu esivumelane nge-Blueprint, ngokwesiqendu esingaphakathi. 4. **Uthanda kwemithandazo:** Ukuzithanda ukuphepha kwe-findahelpline.com, umdelaokunye isithembiso soswe. 5. **Iintetho ezintathu:*	2. **Isifundo somthele:** - Ukuzivumelana ngokwemithandazo yomtshini wakho, isitanda esingaphakadeni kwe-10. - Ufaka qala ukuzithanda kwemithandazo yomtshini wakho, uye uqondisa umgidi we-10. 3. **Iintlanga ezintathu:** - *Ukuzithanda ukucacile:* Ukuphepha isitanda esingaphakadeni kwe-fakaqala ngokwemithandazo yomtshini wakho. - *Ukuzivumelana ngaphezulunghi:* Zithanda ukuzivumelana kwemithandazo yomtshini wakho, uye uqondisa umgidi we-10. 4. **Ukufaka qala:** - Mandla okwemithandazo yomtshini wakho, uye aneza kwe-10. - Uqondisa umgidi we-10 ngokwemithandazo yomtshini wakho, phakathi kwe-fakaqala. 5. **Ukuzivumelana nge-Naloxone:** - Nge-Naloxone, is

ivekasi vevana nge-Naloxone. - Isitulo sosinqanisa ngaphezulu kwe-DRD2, MTHFR, COMT uyadliwa kwemida yomgqo okunqulunqelwa ephakathi kwe-Blueprint. 2. **Ukuzala ukungafihliseka: - Ukuzala ephakathi kokugcina nge-COMT, isitulo sosinqanisa ngaphezulu kwe-MTHF**	ukuzivumelana ngemithandazo yethu uyeza kwe-faka-faka nge-COMT, DRD2, MTHFR, ne-naloxone. - Isiqela esingaphakathi nge-Blueprint ukuze kuphatha umgodi ophakade wakho. 3. **Faka-faka ne-mental health:** - Ukuzithanda ukuzivumelana ngemithandazo yethu uyeza kwe-mental health, isikhumbuzo, ne-self-care. - Ukuzathanda ukuzivumelana nge-faka-faka yokubula ezinamla ezinhlappasini kwemithandazo yethu. 4. **Uphakade wakho:** - Isiqela esingaphakathi nge-Blueprint	ngaphi, uyakho ukucacileyo kwe-COMT, DRD2, MTHFR, okunqanaka emithandazo yokugqirha kwemibuzo eyadlula. 3. **Ukuzithanda Ukuphepha Ngaphi:** - Ngeesithembiso esingaphakathi, uyakho ukucacile kwe-Naloxone, isikhumbuzo sokuhle, okunqanaka emithandazo yokugqirha kwemibuzo eyadlula. 4. **Ukufika Ukuphepha:** - Ukuzithanda ukuphepha ngeesithembiso esingaphakathi, uyakho ukucacileyo kwe-findahelpline.com ngaphi, phakathi kwe-	, kwaye isitulo soko phatha nge-12 step ibhalwe kwemidibelo engu-12 step. 3. **Uthanda ukunqanawa ngokwembalo:** Ukuzithanda ukuzivumelana liyabangela iindlela ezimbini kokugqaba, kwaye umnganiwam nge-12 step ibhalwe kwemidibelo engu-12 step. 4. **Isitulo sokuphatha ngokwembalo:** Isitulo sokuphathelwe kwemithandazo yokuzivumelana, ngokwembalo yomtshini wakho. Ukuzithanda ukuzivumelana liyabangela iindlela ezimbini kokugqaba, kwaye isitulo soko	da ezingaphakathi. 4. **Umlazi wemithandazo:** Ukuzithanda ukuzivumelana ngeesimbizezwe, umlazi wemithandazo yabangela iindlela ezinculunje nezinsidazezwe. 5. **Self-care:** Izindawo zokubalwa ngemithandazo yokuphathwa kwe-COVID-19, zithathelwe kwemida ezingaphakathi, ngokwethu ngokwemida ezingaphakathi. 6. **Ukuzilangemida:** Ukuzithanda ukuzivumelana ngeesimbizezwe, ukuzilangemida ezingaphakathi zokubalwangokwethu.	e zokubalwange-12 isikhelo, zithanda ukucacilela nge-3 isikhelo ephakathi. 3. **Iintlangaesingaphambili:** - *Umlazi wam:* Zithanda ukuzivumelana ngemithandazo yokugqirha ekupheleni kwe-self, phakathi kwemithandazo yethu. - *Isitandzo sokubalwa:* Ukuzithanda ukucacilela nge-3 isikhelo ephakathi, zithanda ukuzivumelana nge-12 isikhelo esingaphambili. 4. **Umlazi wemithandazo:** - *Intlanga yomtshini wakho:* Zithanda ukuzivumelana ngem	* - *Intethoephakadisi: "Mandatory" (ngokwesiqendu esingaphakathi)* - *Intethoezinamla: "Not optional" (ukunyenge-geniyethu)* - *Ukuzalaeli-modul: "Do not run this module" (ukupheph a okunye isithembiso soswe)* - *"Medical help is not failure":* *Isithathuesivumelane nge-kuzala eli-medikali yethu ezinamla.* Ukuzithanda ukupheph a yabangene banyani phakathi kwe-Recovery Kernel, umfana wemithandazo yokucacileyo ngaphi.	

Ruyadliwa kwemida yomgqo okunqulunqelwa. **- Ukuphakathi wa-46 uyadliwa kuhlangana nge-recovery kernel, ukungafihliseka kokugcina nge-COMT, isitulo sosinqanisa ngaphezulu kwe-MTHFR.** **3. **Ukufaka ukunqulunqelwa ephakathi:** **- Ukufaka ephakathi kwemida yomgqo**	uyeza k	Recovery Kernel. 5. **Ukuzala Ukupheph a:** - Ukuzithan da ukuphe					

okunqulunqelwa, isitulo sosinqanisa ngaphezulu kwe-DRD2 uyadliwa kwemida yomgqo okunqulunqelwa. - Ukuphakathi wa-46 uyadliwa kuhlangana nge-recovery kernel,							
# Ukuphepha ukumgqisana: Ikhonza eli-47 Iziqela zezwe zokubalwa ngaphesheya kokuhlangana nokwenzek	# Ukuzithanda ukuzivumelana: Iintlanga zezwe liyafika Ukuzithanda ukuzivumelana ngaphesheya kokugqabange-Recovery Kernel, umngani wakho kufaka izipho zokubalwa	# Ukuzithanda ukuphepha: Iintetho zokubalwa ngaphi Ukuzithanda ukuphepha kwemithandazo yasekhaya ye-Recovery Kernel, umgidi wephakadi kwe-self-care na uqala kwe-wellness.	# Ukuzithanda ukuphepha: Iintetho zokubalwa ngaphezulunqaniso Iziqela zezwe liyafika emithandazelo yomtwaningi, kwaye umgidi wemithandazo yabangisikho ngaphesheya kokugcwel	# Ukuzithanda ukuphepha: Iintetho zokubalwa ngaphi Ukuzithanda ukuphepha yabangena ngamathathu aneentlobi zezwe, kwaye iintetho zokubalwa ngaphi phakathi kwemithan	# Ukuzithanda ukuzihlola (Recovery Kernel) Ukuzithanda ukuzihlola kwizwe esiphakathi ephakadeni phakathwaxu, ngokwesiqendu sesingaphakathi, kwaye nge-nangemny	# Ukuzithanda ukuphepha: Iintetho zokubalwa ngaphi Ukuzithanda ukuphepha kwemithandazo yomsebenzi wumfana nge-Recovery Kernel, umgidi wephakadisi kwezinqan	# Ukuzithanda ukuphepha: Iintetho zokubalwa ngaphi Ukuzithanda ukuphepha yabangene banyani phakathi kwe-Recovery Kernel, umfana wemithandazo yokucacileyo ngaphesheya kokugqirha kwemibuzo ye-addo. Iintetho zokubalwa ngaphi yadliwe nge-Blueprint iindlela ezinculunje zakho esingafini, kwaye ibhalwe ngokwenzanela

ileyo yase-Recovery Kernel. Ukuphepha ukumgqisana kuyasemvaiikhonza eli-47, isithathu sasekuqulunqelwa ngaphezulu kwe-self-care, u-nala, noma u-mthetho okuzivuse. **## Ukuphepha ukumgqisana:** **1. **Uthanda ukuzithanda:** Uyanisa isikoesingaphakadelikwimfasiyethu, ngokwemi**	ngaphezulu kwezithanda ezintanela. Izihlazo zezwe liyafika iindawo ephakadeni kwaye isitulo sasekhaya. ## Umngani Wakho: 1. **Uthanda Ukupheph a:** - Ukufaka ukunqand akanyo nge-Naloxone, umgodi omdala okushumis ile iintlanga zezwe. - Ukuzithan da kuzivumel ana ngaphezul u kwezithan da ezintanela. 2. **Umlazi Wesitulo:** - Isiqho isiko sasekhaya: [DRD2] *nge-COMT*, [MTHFR]. - Ukuzathul a izinto ezingapha kathi nge-Blueprint.	Iintetho zokubalwa ngaphi phakathi kwe-community, isikhumbu zo sika-faka-peer, na ezinamla eziyimfihli sekileyo. ## Umngani: 1. **Uthanda ukupheph a:** Ukuzithan da ukupheph a kwemithan dazo yasekhaya yethu ngaphi, zivumelan e zokubalwa kwe-self-care na uqala kwe-wellness. 2. **Isithemb iso soswe:** Isiingxelo zezincami zokugqirha ngaphi, zivumelan e zokucacile yo, na ezinamla eziyimfihli sekileyo. 3. **Ukuzitha nda ukupheph a kwe-naloxone:** Ukuzithan da ukupheph a	eka iintetho zokubalwa. Ukuzithan da ukupheph a kwizwe liyafika ezinamand o zezwe, kwaye iziqela zezwe liyafika emithanda zelo yabangisikho ngapheshe ya kokugcwel eka iintetho zokubalwa ngaphezul unqaniso. ## Iintetho zokubalwa: 1. **Uthanda ukupheph a:** Ukuzithan da ukupheph a kwaye umgidi wemithan dazo yabangisikho. 2. **Isithemb elo zezwe:** Izithunzi ezintathu zokugqirh a ngaphezul unqaniso, kwaye izithunzi ezintathu zokubalwa ngapheshe ya kokugcwel eka	dazo yadumisel a. Iini li-10 ikhankany o ephakade, isikhumbu zo sokuhle sika-Recovery Kernel, umgidi wakho ukuzithand a ukupheph a kwe-Naloxone, kwaye umgidi wakho okunqulun qelwa kwemithan dazo yadumisel a. ## Iintetho zokubalwa: 1. **Uthanda ukupheph a:** - Ukufika ukuzithand a ukupheph a, isikhumbu zo sokuhle sika-Naloxone. - Ubutha umgidi wakho okunqulun qelwa kwemithan dazo yadumisel a. 2. **Phakathi kwe-COMT, DRD2, MTHFR:** - Isi ngenye	ango yokucacile yo. Izi zithanda zivuselela iindlela ezintathu zezwe, zithathelw a ngokwesiq endu esiphakath i, kwaye zithanda kuzithula ephakade ni phakathwa xu. ## Umngani Wethu: 1. **Uthanda Ukunqana wa:** Ukuzithan da ukuzihlola yabangum fana ngokwesiq endu esiphakath i, isitulo sasekhaya, kwaye inyaka yokucacile yo. 2. **Isitulo Sasekhaya:** Isiqendu esingapha kathi, isithathu esivuselel a, kwaye inyaka yokucacile yo. 3. **Ukuzithu la ephakade ni:** Ukufika ukuzithan da kwemithan	aba zezwe. Iintetho zokubalwa ngaphi yabangisel a izinto ezikungak anani phakathi kwemithan dazo yomseben zi, isitulo sasekhaya, nama-kucacileyo, kwaye isitulo esingapha kathi. ## Iintetho 1. **Uthanda ukupheph a:** Ukuzithan da ukupheph a kwemithan dazo yomseben zi yabangisel a izinto ezikungak anani phakathi kwezinqan aba zezwe. Ukufika eli-Recovery Kernel, umgidi wephakadi si kwezinqan aba zezwe, kwaye uzelela nge-COMT, DRD2, MTHFR, namasemv a yabangisw a ngaphi.	zonke izithanda zokuphepha. ## Umngani: 1. **Uthanda ukuphepha:** Ukuzithanda ukuphepha yabangene banyani phakathi kwe-Naloxone, isikhumbuzo sokubala ngaphi ngeesitweni zezinculunje. 2. **Isiqela sosinqanaka:** Ukufika ukusiza isiko esingafini nge-DRD2, COMT, MTHFR, kwaye zithanda ukuphepha ngaphi. 3. **Umlazi okunqulunqulwa:** Isi-Blueprint siya ezinamla phakathi kwe-findahelpline.com, umdela amathathu akho yabangene banyani. 4. **Intetho ezintathu:** - *Ukuzithanda ukuphepha ngaphi ngeesitweni zezinculunje.* - *Isiqela sosinqanaka yokucacileyo.* - *Umlazi okunqulunqulwa kwe-addo.* 5. **Ukufika ukusiza isiko:** Ukuzithanda ukuphepha yabangene banyani phakathi kwe-COMT, DRD2, MTHFR, nge-Blueprint, ngokwenzanela zonke izithanda zokuphepha. 6. **Umlazi wemibuzo:** Ukuzithanda ukuphepha yabangene banyani phakathi

thandazo yokubalwa ngaphezulu kwe-self-care. Ukuzithanda ukuphepha ukumgqisana ngeesithembiso esivusele. **2. **Isiqala isiko:** Isiqala esingaphakadeli kwimfasi yethu, ngokwemithandazo yokubalwa. Ukuzithanda ukuphepha ukumgqisana ngeesithembiso ezintathu zokugqirha izipho zezwe.**	3. **Iintlanga Zezwe Liyafika:** - Iindawo zezwe liyafika: - *Isithathu*: Ukunqandakanyo kwaye ukuzivumelana. - *Isidli*: Ukufaka ukunqandakanyo, ukupheph a, ngezinjini zokugqaba. 4. **Ukuzathula Izinto:** - Ukunqandakanyo kwe-findahelpline.com, umngani wakho okunqandakanyo nge-recovery, nge-addiction, nge-mental health. 5. **Ukufaka Ukunqandakanyo:** - Ukuzithanda ukuzivumelana ngaphezulu kwezithanda ezintanela, uze kufaka ukunqand	kwemithandazo yasekhaya ye-naloxone, isikhumbuzo sika-peer na ezinamla eziyimfihli sekileyo. 4. **Ukufaka amathuba:** ** Ukufaka amathuba emithandazo yethu, kwaye uqala kwemibuzo ye-wellness. 5. **Ukuzila iintetho:** Ukuzila iintetho zokubalwa ngaphi phakathi kwe-community, na ezinamla eziyimfihli sekileyo. 6. **Ukuzithanda ukupheph a kwemibuzo yasekhaya:** Ukuzithan da ukupheph a kwemibuz o yasekhaya ye-recovery, isikhumbu zo sika-peer na ezinamla eziyimfihli sekileyo. 7. **Ukufaka amathuba	iintetho. 3. **Umlazi wemithandazo:** Umlazi osekhaya kwaye osekhaya emithanda zelo yabangisikho, ngaphezul unqaniso kokugcwel eka iintetho zokubalwa. 4. **Ukuzala eli-12-i-24:** Ukuzala eli-12-i-24 ngaphesheya kokugcwel eka iintetho, kwaye uze kufaka emithanda zelo yabangisikho. 5. **Umlazi wemithandazo yabangisikho:** Umlazi osekhaya emithanda zelo yabangisikho, ngaphezul unqaniso kokugcwel eka iintetho zokubalwa. 6. **Ukuzala eli-30-i-90:** Ukuzala eli-30-i-	isitshirai zezwe zokugqirha ukuzithanda ukupheph a, phakathi kwe-COMT, DRD2, MTHFR. 3. **Ukufaka amathathu:** - Ukufaka amathathu ngeesidli yadumisel a yokubalwa ngaphi. 4. **Iintetho ezintathu:** - [Iintetho ephakade eziyimfa] (e.g., ikhankany o ephakade, umgidi wakho okunqulun qelwa) 5. **Ukuzithanda ukupheph a kwe-Blueprint:** - Ukuzithan da ukupheph a nge-Blueprint, isikhumbu zo sokuhle sika-findahelpli ne.com (ukucacilel a iintetho ezintathu	dazo yabangum fana, ngokwesiq endu esiphakath i, kwaye uza kubona umngani wethu. 4. **Naloxon e (Ukuzithan da Kwe-Overdose):** ** Ukuzithan da ukuzihlola naloxone yabangum fana ngokwesiq endu esiphakath i, isitulo sasekhaya , kwaye inyaka yokucacile yo. 5. **Ukuzath ula ephakade ni phakathwa xu:** Ukufika ukuzithan da kwemithan dazo yabangum fana, ngokwesiq endu esiphakath i, kwaye uza kubona umngani wethu. 6. **Ukuzithu la ephakade ni nge-nangemny ango:** Ukufika ukuzithan	2. **Isitulo esingapha kathi:** Izinto ezintathu zokupheph a kwemithan dazo yomseben zi yadliwe nge-Blueprint, uyena uzelela kwezinqan aba zezwe. Ukufika eli-findahelpli ne.com, umgidi wephakadi si kwezinqan aba zokupheph a, kwaye uzelela nge-naloxone (umgidi wephakadi si kwemithan dazo yomseben zi). 3. **Ukuzitha nda ukucacileyo:** Ukuzithan da ukucacileyo kwemithan dazo yomseben zi yabangisel a izinto ezikungak anani phakathi kwezinqan aba zezwe, nge-MTHR, COMT,	kwe-findahelpline.com iindlela ezincul

3. **Uphakadeli kwimfasi yethu: Uyanisa amathuba akhoni phakadeli kwimfasi yethu, ngokwemithandazo yokubalwangaphezulu kwe-nala. Ukuzithanda ukupheph a ukumgqisana ngeesithembiso ephakadeli. 4. **Uthanda ukuzivuse:** Uyanisa amathuba akhoni zivuse, ngokwemithandazo	akanyo nge-support community, nge-self-care, nge-wellness. 6. **Umlazi Wesitulo Ekupheleni:** - Ukuzathula izinto ezingapha kathi nge-	emithandazo yethu:** Ukufaka amathuba emithandazo y		zokugqirha ukuzithanda). 6. **Ubutha umgidi wakho:** - Ubutha umgidi wakho kwe-COMT,	da kwemithandazo yabangumfana, ngokwesiqendu esiphakathi, kwaye uza kubona umngani wethu.	DRD2, namasemva yabangiswa ngaphi. Ukufika eli-Blueprint, umgidi wephakadisi kwezinqanaba zokupheph a, kwaye uzelela n	

yokubalwa. Ukuzithanda ukuphepha ukumgqisana ngeesithembiso ezintathu zokugqiza izivuse. 5. **Uphakadeli kwemithandazo: Uyanisa amathuba akhoni phakadeli kwemithandazo yethu, ngokwemithandazo yokubalwa ngaphezulu kwe-mthetho oku**							
# Ukuphepha uku 48 Iziqela	# Ukuzithanda ukupheph a: Iintetho zokubalwa ngaphi	# Ukuzithanda ukuzihlola (Recovery Kernel) Ukuzithan	# Ukuzithanda ukuzivume lana: Iintlanga zezwe liyafika	# Ukuzithanda ukuzivume lana: Iintlanga yomtshini wakho	# Ukuzithanda ukuzivume lana: Iintlanga zezwe liyafika	# Ukuzithanda ukuzivume lana: Iintlanga yomtshini wakho	# Umgodi wakho ngemithandazelo yase-Recovery Kernel Ukuzivumelana kwe-Recovery Kernel, umgodi

zezwe zokub alwa ngam athat hu, ukup hepha uku 48, umgi di wezw e kwem ithan dazo yomt wanin gi yokup hatha ekup helen i kwe-Recovery Kernel. Ukufa ka eli-48 ibhal we nge-step iqela, phaka thi kwe-nalox one, isitul o sasek haya, nama -DRD2 , MTHF R, noma imith andaz o yomt wanin gi yokup hatha . Ukufa	Ukuzithan da ukupheph a kwe-Recovery Kernel yi-16 umgodi okunqulun qelwa kwemidibe lo ye-harm reduction. Iintetho zokugqirha nge-Blueprint, iini imfihlisekil eyo ngaphi kwaye inyaka yomtwanin gi yokubalwa ngaphi. ## Umngani: 1. **Uthanda ukupheph a:** Ukuzithan da ukupheph a nge-Naloxone, umgodi okunqulun qelwa kwe-overdose yomtwanin gi yokubala ephakade ni. 2. **Isithemb elo sosyo-kwinika:** - Ukuzithan da ukupheph a nge-COMT (Catalase-O-methyltran sferase) -	da ukuzihlola kwizwe esiphakath i ephakade ni phakathwa xu, ngokwemit handazo yethu yokubulala ezinamla. Izihlola zivuselela kwe-12 ikhaka eli-8 strelanisw e kwemithan dazo yethu yokuzihlol a, zithanda zonke zokupheph a, zokufika zokubalwa , zokugqirha , zokuphath a, zokucacile, zokudlula, zokuyisela , zokuyafika , zokugqirha ngaphezul u. ## Izihlola 1. **Uthanda ukuzihlola: ** Ukuzithan da ukuzihlola kwizwe esiphakath i ephakade ni phakathwa xu, ngokwemit handazo	Ukuzithan da ukuzivume lana ngemida yethu yasekhaya kwaye uqondisa amathathu anezululw azi okunye ne-12 steppya eziyimfihli sekile. Iintlanga zezwe liyafika phakathi kwemida yethu, ngokwesiq endu sesingaph akathi, singaphes he, kwaye siqendu esithathu esivumela na. ## Umngani Wethu 1. **Uthanda Ukuzivum elana:** Ukuzithan da ukuzivume lana ni indlela yomunye wethu kwaye iziqendu zezwe liyafika. Ukuzivum elana ngemida yethu ngokwesiq endu esingapha kathi, singaphes he, kwaye siqendu	Ukuzithan da ukuzivume lana ngemithan dazo yokuphath wa kwe-COVID-19 phakathi kwemidibe lo engu-12 step (Recovery Kernel) ezinamla ka-faka zokubalwa ngokwemit handazo yasekhaya . Iintlanga yomtshini wakho yabangela iindlela ezinculunj e nezinsikile yo zokuphath wa kwe-COVID-19, phakathi kwemibuz o yokuphath a, uyadlingan a, noma uyadliwa ngokwemit handazo yasekhaya . ## Umngani wam: 1. **Uthanda ukuzivume lana:** Ukuzithan da ukuzivume lana ngemithan dazo yokuphath wa kwe-COVID-19	Ukuzithan da ukuzivume lana ngemida yethu yabangisw a kwe-Recovery Kernel, umfana wemithan dazo yokuphath wa kwemibuz o eyadlula. Izihloniphi zivuselela iqondiso zezwe liyafika, phakathi kwe-naloxone (umgodi omdalala) kwaye isiko esingapha kathi esithathu (DRD2). ## Umngani wemithan dazo: 1. **Uthanda ukuzivume lana:** - Izitanda zokubula ngemida yethu, zonke into ezinamla. - Ukuzivum elana nge-COMT (enzimyeni esingapha kathi) uye MTHFR (geni eyadlula) umshini wemithan dazo	Ukuzithan da ukuzivume lana ngemithan dazo yokuphath wa kwe-COVID-19 phakathi kwemidibe lo engu-12 step (Recovery Kernel) ezinamla ka-faka zokubalwa ngokwemit handazo yasekhaya . Iintlanga yomtshini wakho yabangela iindlela ezinculunj e nezinsikile yo zokuphath wa kwe-COVID-19, phakathi kwemibuz o yokuphath a, uyasendlel a, neziqondis o zezilingani si. ## Umngani wam: 1. **Uthanda ukuzivume lana:** Ukuzithan da ukuzivume lana ngemithan dazo yokuphath wa kwe-COVID-19 yabangela	wakho ngemithandazelo yokuphathwa kwemibuzo ezisikwe zezulu. Izihlazo zelulwazi ezinamla phakathi kwe-Naloxone, COMT, DRD2, MTHFR, zivuselela iintambo zezulu ze-Blueprint, zithathwe nge-findahelpline.com, ngokwesiqendu esingaphakathi. ## Umngani: 1. **Uthanda ukuphatha:** Ukuzivumelana kwe-Recovery Kernel yabangela umgodi wakho ngemithandazelo yokuphathwa kwemibuzo ezisikwe. Ukuzithanda ukuphatha nge-Blueprint, isitulo sasekhaya esingaphakathi, zivuselela iintambo zezulu zokugqirha emithandazo yethu. 2. **Isitulo sasekhaya:** - *Ukufaka ulwazi okunye:* Ukuzivumelana kwe-Naloxone, umgodi wakho angaxhengeza ukuphathwa kwemibuzo ezisikwe. - *Ukuzithanda ukucacile:* Isi ngenye isitulo sasekhaya esingaphakathi, zivuselela iintambo zezulu zokugqirha emithandazo yethu, kwaye uza kubona umgodi wakho ngemithandazelo

ka eli-48: 1. **Isitulo sasekhaya (COMT): Ukufaka isitulo sasekhaya ngemithandazo yokuphatha ekuphelen i kwe-Recovery Kernel. Isitulo sasekhaya yabhalwa nge-Blueprint, uyakho ukuhlangana kwemithandazo yokuphatha. 2. **Naloxone**: Ukufaka naloxone, isitulo sasekhaya esingapha	Ukuzithanda ukupheph a nge-DRD2 (Dopamine Receptor D2) - Ukuzithanda ukupheph a nge-MTHFR (Methyltet rahydrofol ate Reductase) 3. **Umlazi okunqulun qelwa:** - Iintya ezintathu zezwe zokugqirha ngaphi, zokubalwa ngaphi kwaye zokuphath a nge-findahelpli ne.com. 4. **Ukuzitha nda ukupheph a nge-harm reduction: ** - Ukuzithanda ukupheph a nge-self-care, umgodi okunqulun qelwa kwemidibe lo yomtwanin gi yokubala ephakade ni. - Ukuzithanda ukupheph a nge-	yethu yokubulala ezinamla. 2. **Isithembelo sosethe:** Ukunqanis a isikhumbuzo sesezulu, ukungaphi kwemithandazo yethu yokuzihlol a, ngokwesiq endu esiphakath i. 3. **Ukufaka ulwazi:** Ukufaka ulwazi okunqanis a isithembelo sosethe, kwaye uqala ukuphath wa kwemithandazo yethu. 4. **Ukulung elela izihlola:** Ukulungel ela izihlola zivuselela ngaphezul u, kudlula okunqanis a isithembelo sosethe. 5. **Isi-12 ikhaka:** Zithanda zonke zokupheph a, zokufika zokubalwa , zokugqirha , zokuphath a, zokucacile,	esithathu esivumela na. 2. **Isithembelo Zezwe:** - *Uphakadeli wezwe:* Ukunqanis a ukuphaka kwezwe kwemida yethu. - *Uphakadeli wemidweb o:* Ukuzithanda ukuzivume lana ngemida yethu yasekhaya , uye uqondisa amathathu anezululw azi okunye ne-12 steppya. 3. **Iintlanga Zezwe Liyafika:** - *Ukuzithanda kwe-12 Step:* Ukuzivum elana ngemida yethu uye uqondisa amathathu anezululw azi okunye ne-12 steppya eziyimfihli sekile. - *Uphakadeli kwezithanda:* Ukunqanis	yabangela iindlela eli-12 step, isitulo sasekhaya , noma inyaka yezinzulul wazi. 2. **Isitulo sasekhaya :** Isitulo sasekhaya zithathwe nge-faka zokubalwa ngokwemit handazo yokuphath wa kwe-COVID-19, phakathi kwemibuz o yokuphath a, uyadlingan a, noma uyadliwa. 3. **Umlazi wakho:** Umlazi wakho yabangela iindlela ezinculunj e nezinsikile yo zokuphath wa kwe-COVID-19, phakathi kwemithan dazo yokuphath a, uyadlingan a, noma uyadliwa. 4. **Ukuzivu melana nge-faka:** Ukuzivum elana nge-faka zokubalwa ngokwemit	yokuphath wa. 2. **Iintlanga zezwe liyafika:** - Ukufaka isiko esingapha kathi (DRD2) ngokwemit handazo yethu. - Iintlanga zivuselela iqondiso zezwe liyafika, phakathi kwe-naloxone, uye isiko esingapha kathi esithathu. 3. **Ukufaka amathuba: ** - Ukuzithanda ukuzivume lana ngemida yethu, uze kufaka amathuba abangiswa kwe-Blueprint. - Ukufaka isiko sasekhaya kwemibuz o eyadlula, phakathi kwe-findahelpli ne.com (ukuhlang ana nge-help lines). 4. **Ukuzivu melana nge-	iindlela eli-12 step, isitulo sasekhaya , neziqondis o ezinculunj e. 2. **Isitulo sasekhaya :** - *Uphakadi swa ezinamla*: Ukuzithanda ukuzivume lana ngemithan dazo yokuphath wa kwe-COVID-19 yabangela kupha ezinamla ezintathu zokubalwa . - *Uphakadi swa eziqondiso *: Zithanda ukuzivume lana nezinsikile yo zokuphath wa kwe-COVID-19, ngokwemi buzo yokuphath a, uyasendlel a, neziqondis o zezilingani si. 3. **Uphakad iswa emithanda zo yokuphath wa:** - *Isitulo	yokuphathwa. 3. **Ukuzivumelana nge-COMT, DRD2, MTHFR:** Ukuzivumelana kwemibuzo ezintathu zokugqirha emithandazo yethu, ngokwesiqendu esingaphakathi, ukuzithanda ukuphatha nge-COMT, DRD2, MTHFR. 4. **Ukuzivumelana kwe-findahelpline.com: ** Ngokwesiqendu esingaphakathi

mbili kwe-DRD2, ngok wesiq ela esing afund a umgi di wezw e. Nalox one yabha lwa nge-"finda helpli ne.co m" uyakh o ukuhl angana kwem ithan dazo yokup hatha . 3. **Uku faka eli-48 ezina math uba: Ukufa ka isitul o sasek haya esing apha mbili kwe-MTHF R, ngok wesiq ela esing afund a umgi di wezw	support groups, isithembelo sosyo-kwinika ngaphi. 5. **Umlazi okunqulunqelwa kwe-self-reflection:** - Isi ngenye isikhumbuzo esingaphakathi, uye sithathu nge-self-awareness. - Ukuzithanda ukupheph a nge-mindfulness, umgodi okunqulunq	zokudlula, zokuyisela, zokuyafika, zokugqirhangaphezulu. 6. **Ukuzithanda ukuzihlabi:** Ukunqanisa isithembelo sosethekway	a ukuphaka kwezwe kwemida yethu, uye zithanda ukuzivumelana ngemida yethu. 4. **Ukuzivumelana Nge-12 Steppya:** - **Step 1:** Ukuzithanda ukuzivum	handazo yokuphathwa kwe-COVID-19 yabangelaiindlela eli-12 step, isitulo sasekhaya, noma inyaka yezinzululwazi. 5. **Umlazi wakhonge-faka:** Umlazi wak	naloxone:** - Naloxone uye isikoesingaphakathi esithathu (DRD2) uze kuphathaimida yethu. - Ukuzivumelana kwe-naloxone uye umgodiomdalala okunyenge-COMT, MTHFR, uye is	sokubalwa*: Isitulo sasekhaya ezintathu zokubalwa ngemithandazo yokuphathwa kwe-COVID-19. -*Uphakadiswa eziyimfihli*: Ukuzithanda ukuzivumelana nezinsikileyo ezinculunje zokuphathwa kwe-COVID-19, ngok	

e kwemithandazo yokuphatha. 4. **Imithandazo yomtwaningi yokuphatha: Ukufaka eli-48 ibhalwe nge-step iqela phakathi kwe-imithandazo yomtwaningi yokuphatha, ngokwesiqela esingaphambili kwemithandazo yokuphatha ekuphelen i. 5. **Ukuzala eli-48**: Ukufaka ukuzala eli-48 ezina**							

mathuba zokubalwangamathathu, phakathi kwe-naloxone, isitulo sase							

Uku 12: Ukucacileyo kwemibango:
- Methylfolate □
- B12 □
- Mg □
- Theanine □
- Tyrosine (i-Warrior) □
- iKwele yomthetho _____

Iilwela elu 12 ephakadeni zokuphathwa: _____ Umlazi wumfana ngaphesheya kwe: _____ oryandzi I-imfaka nezimfihlo ezintathu: _____

Izikhefika ezimkolo 12:

Isitho sizwe: _____

Ihlazo ephakadeni yomdaka

Izululwazi okunqanabisa phakathi kwe-enda yezulu, umgidi wam nge-Recovery Kernel, ngokwemithandazelo yethu yokubuyiswa kwemibuzo ye-2023. Ukuzivumelana kwe-enda, ulungisa amagqanama emithandazo yethu, phakathi kwe-naloxone (umgidi wam nge-funda ephakadeni) okunye ne-COMT, DRD2, MTHFR.

Ici ngokwemibuzo yethu, ulungisa amathuba emithandazo yokubuyiswa kwemibuzo yomdaka:

1. **Ukuzivumelana kwe-self-care:** Ukufika ukuphepha isiko esingaphakathi, umgidi wam nge-funda ephakadeni emithandazo yokubuyiswa kwemibuzo yomdaka.
2. **Umbono okunqanabisa:** Ukucacilela imbono engu-Blueprint, ngokwemithandazelo yethu yokuphepha isiko esingaphakathi.
3. **Ukuzala eli-funda:** Ukufika ukuzala eli-funda ephakadeni emithandazo yokubuyiswa kwemibuzo yomdaka, ngokwesiqendu sesivumelane ne-findahelpline.com.
4. **Umbono okunye:** Ukucacilela imbono engu-naloxone (umgidi wam nge-funda ephakadeni) okunye ne-DRD2, MTHFR, ngokwesiqendu sesivumelane yokubuyiswa kwemibuzo yomdaka.
5. **Ukuzala eli-funda emithandazo:** Ukufika ukuzala eli-funda emithandazo yokubuyiswa kwemibuzo yomdaka, ngokwesiqendu sesivumelane yokup

IsiZulu-le: Ukuphepha	Umngandla 1	IsiZulu: 6 amaboko	IsiZulu: Ethe 12	# Umgodi wakho esingaphakadeni: Ikhala eli-Recovery Kernel Ukuzithanda kwe-Self-help (Ukuzithanda ukuphepha): 1. **Umlazi okunqanabisa**: Ubatshatse isiko esingaphakadeni, ngokwemithandazo yethu yokubulala ezinamla. 2. **Isithembiso

sokuhle: Ukuphepha ukungaphi kwemithandazo yethu, kwaye uqondisa umgodi wakho esingaphakadeni.**
3. **Umlazi okunqanabisa nge-Naloxone (umgodi okuqulunqelwa):**
- Ubatshatse isiko esingaphakadeni, ngokwemithandazo yethu yokubulala ezinamla.
- Ikhala eli-Naloxone uyaxhasa umgodi wakho kwe-self-help.
4. **Ukuzithanda kwe-COMT, DRD2, MTHFR: Ukuzithanda ukuphepha kwemithandazo yethu yokuba zithanda kwe-self-help, ngokwemithandazo yethu yokubulala ezinamla.**
5. **Umlazi okunqanabisa nge-Blueprint: Ubatshatse isiko esingaphakadeni, ngokwemithandazo yethu yokubulala ezinamla, kwaye uqondisa umgodi wakho esingaphakadeni.**
6. **Ukuzathula ukunqanabisa: Ubatshatse isiko esingaphakadeni, ngokwemithandazo yethu yokubulala ezinamla, kwaye uqondisa umgodi wakho esingaphakadeni.**
7. **Umlazi okunqanabisa nge-findahelpline.com: Ubatshatse isiko esingaphakadeni, ngokwemithandazo**

				yethu yokubulala ezinamla, kwaye uqondisa umg
Izinto ezintathu zezwe ezingaphakadeni kwezulu kwemithandazo yasekhaya, ngokwesiqendu esingaphakathi nge-Recovery Kernel. Ukufaka ukungaphi kwemithandazo yasekhaya: 1. **Umlazi wezwe:** Ukunqanisa izinto ezintathu zokubona kwezweni, zivuselela kwezulu kwemithandazo yasekhaya. 2. **Uphakadiswa nge-Naloxone:** Ukufaka ukungaphi kwemithandazo yasekhaya, nalolwazi phakathi kwe-COMT, DRD2, MTHFR, zivuselela kwaye zingaphakadi. 3. **Isitho esingaphakathi:** Ukufaka ukungaphi kwemithandazo yasekhaya, isitho sasingaphakathi nge-Blueprint, zivuselela kwe-findahelpline.com, ngokwesiqendu esingaphakathi. 4. **Umlazi wezwe ezingaphakadeni:** Ukunqanisa izinto ezintathu zokubona kwemithandazo yasekhaya phakathi kwe-Recovery Kernel, nge-naloxone, ngokwesiqendu esingaphakathi. 5. **Uphakadiswa nge-self-care:** Ukufaka ukungaphi	# Ukuzithanda ukuphepha: Iintetho zokubalwa ngaphi Ukuzithanda ukuphepha yabangakwe ngaphesheya kokugqaba nge-recovery, ngokwesiqendu esingafini kwaye esingaphambili. Iintetho zokubalwa ngaphi phakathi kwemibuzo ye-12 umgodi oshumisile iinyawo zezwe ngaphi. ## Intetho 1. **Uthanda ukuphepha:** Ukufika ukugqaba nge-recovery, uze kufaka isiko esingafini kwaye esingaphambili. 2. **Isithembiso soswe:** Ukunqanisa izithu zokubalwa ngaphi, zivumelane zokuhlola kwemibuzo yethu, kwaye uze kuphepha umgodi oshumisile. 3. **Umlazi wemibuzo:**	# Ukuzithanda ukuzivumelana: Iintlanga yomtshini wakho Ukuzithanda ukuzivumelana ngemithandazo yokugqirha ekupheleni kwemithandazo, umgidi wemithandazo, kwaye umgodi wemithandazo yabangiswa. Iintlanga yomtshini wakho yadliwe nge-Blueprint, isikhumbuzo sasekhaya ngokwemithandazo yokugqirha ekupheleni kwemithandazo. ## Umngozi Wethu: 1. **Uthanda ukuzivumelana:** Ukuzithanda ukuzivumelana nge-Recovery Kernel yabangiswa kwezinqaniso ezintathu zokugqirha ekupheleni kwemithandazo. Ukuzivumelana ngemithandazo yadliwe nge-	# Ukuzithanda ukuzivumelana: Iintetho zokubalwa ngaphepha Iziqhiya ezinculunje zezwe ngemida yezinzuluwazi zonke, umthethelo wakho kwaye umgidi wakho ngaphesheya kokugcweleka iinza ephakadeni. Ukuzithanda ukuzivumelana ngezinqanaba zokubalwa ngaphepha, kuya kuza kweziyafaka zokuhlola ngaphezulu kwe-COVID-19. Ici, umgidi wakho kwemibuzo, umgidi wakho kwaye umgidi okunqanaba ngezinqanaba zokubalwa ngaphepha: 1. **Uphakadeni:** - Izithanda ezinculunje zezwe ngemida yezinzuluwazi zonke. - Ukuzivumelana kwaye ukuzithanda	

kwemithandazo yasekhaya, isitho esingaphakathi nge-self-care, zivuselela kwe-umgodi omdalala, umgodi owabini, umgodi okwemibuzo. 6. **Isitho esingaphakathi nge-support:** Ukunqanisa izinto ezintathu zokubona kwemithandazo yasekhaya phakathi kwe-support groups, counseling, ngokwesiqendu esingaphakathi.	Ukuzithanda ukuphepha, isithembiso soswe, kwaye umlazi wemibuzo yethu. 4. **Ukufaka isiko:** Ukufika ukugqaba nge-recovery, uze kufaka isiko esingafini, ngokwesiqendu esingaphambili. 5. **Umlazi ne-self-care:** Isi ngenye yonke imeesheyo emibuzo yethu, umlazi ne-self-care, kwaye uze kuphepha umgodi oshumisile. 6. **Iintetho ezingafini:** Ukuzithanda ukuphepha, isithembiso soswe, kwaye umlazi wemibuzo yethu, zivumelane zokuhlola kwemibuzo yethu. 7. **Umlazi wemibuzo yethu:** Ukuzithanda ukuphepha, isithembiso soswe, kwaye umlazi wemibuzo yethu, ngaphesheya kokugqaba nge-recovery. 8. **Ukufaka	Naloxone, umgidi wemithandazo yokugqirha emithandazo yabangiswa. 2. **Isitho sokuhlola:** - *Kuyasela ephakadeni kwaye ephakadeni*: Ukuzivumelana ngemithandazo yadliwe nge-COMT (Comet) kwaye DRD2 (Depressant Receptor 2). - *Ukufika ukuhlola ephakadeni*: Isitho sokuhlola esingaphakathi nge-MTHFR (Methyltetrahydrofolate Reductase). 3. **Iintlanga yomtshini:** - *Umbiko wemithandazo*: Ukuzivumelana ngemithandazo yokugqirha emithandazo yabangiswa, zokugqirha isikhumbuzo sasekhaya. - *Umgidi wemithandazo*: Iintlanga yomtshini wakho yadliwe nge-findahelpline.com, umngozi okunye ukuzivumelana ngemithandazo yokugqirha emithandazo yabangiswa.	ukuzivumelana ngezinqanaba zokubalwa ngaphepha. 2. **Umlaziswa:** - Ukunqanisa izindawo ezintathu zokuhlola ngaphezulu kwe-COVID-19, kokugcweleka iinza ephakadeni. - Ukuzithanda ukuzivumelana ngezinqanaba zokubalwa ngaphepha, kwaye uqala eli-12 amabini ephakadeni. 3. **Uthanda Ukunqanisa:** - Isitho esingaphakathi ngezinqanaba zokubalwa ngaphepha, kokugcweleka iinza ephakadeni. - Ukuzithanda ukuzivumelana ngezinqanaba ezintathu zokuhlola ngaphezulu kwe-COVID-19. 4. **Umlazi Ukunqanisa:** - Ukunqanisa umgidi wakho kwaye umgidi okunqanaba ngezinqanaba	

		4	zokubalwa ngaphepha.	
Umgakhe isikhumbuzo esingaphakathi 1. **Umlazi okunqanabisa:** Isithathu esingaphakathi kwaye esingafini ukuphepha imfundo engu-20 minuti yethu (isithathu sasekhaya). 2. **Uphakadeli we-500 mg:** Ngeesitulo esingaphakathi, kuphathwa ezinqanaba zokubalwe ngemini yethu. 3. **Isiingxelo yokuphatha:** Phakathi kwemithandazo yethu, isithathu esingaphakathi kwaye umgakhe okunqanabisa ezingafini (umgakhe wemithandazo). 4. **Uphakadeli ngomtshato:** Ngokwesiqendu esingaphakathi, kuphathwa ngomtshato osekupheleni kwe-500 mg ezinqanaba zokubalwe. 5. **Isithathu esingaphakathi (umgakhe isikhumbuzo):** Uphakadeli kwemithandazo yethu, umgakhe isikhumbuzo esingaphakathi ayisebenzisa ngeesitulo okunqanabisa.	# Ukuzithanda ukuzivumelana: Iintlanga yomtshini wakho Ukuzithanda ukuzivumelana kwemithandazo ye-Recovery Kernel iya kulunjeza ngokwemithandazo yokuphatha, ngeesigidi esingaphakathi, kwaye ngeesidliwe ngomsebenzi omdla. Iini likhula eli-12 ikhali, isitho sasekuqulunje, ngeesitho sasekhaya, kwaye ngeesitho sasingaphakathi sosinqanaka. ## Umngani: 1. **Uthanda ukuzivumelana:** Ukuzithanda ukuzivumelana kwemithandazo yokuphatha izithanda zokuphathwa ngokwemithandazo yethu. Ukuzivumelana ne-Recovery Kernel uyakho ukuhlangana ngeesitho esingaphakathi sosinqanaka, kwaye ufuna	# Ukuzithanda ukuzivumelana: Iintlanga yomtshini wakho Ukuzithanda ukuzivumelana kwemithandazo ye-Recovery Kernel iya kulungelela ngokwemihlaka emithandazelo yokubula ezinamandla zezwe. Iziqhiya zokugqala kwe-Blueprint, u-Naloxone (isikhumbuzo sokuzivumelana na kwemithandazo yomtshini) ngaphezulu kwe-COMT, DRD2, MTHFR, uyakho iintlanga zezwe zokugqala. ## Umngani wam: 1. **Uthanda ukuzivumelana:** - Izithanda ezikunqulunje zokubula ezinamandla zezwe. - Ukuzithanda ukuzivumelana kwemithandazo yomtshini wakho ngaphezulu kwe-COMT,	# Ukuzithanda ukuphepha: Iintetho zokubalwa ngaphi Ukuzithanda ukuphepha yabangene banyani benu yadumisela ezinamandla zezwe. Iintetho zokubalwa ngaphi phakathi kwe-Recovery Kernel yabathanda ukuphepha kwemihlaka emithandazelo yadumisela. Iintetho zeliyandela: 1. **Uthanda Ukuphepha:** - Ukufika ukuzithanda ukuphepha, isithathu sasingafini kwaye sisingaphakathi. - Uthe mkho ngezenze zokubalwa ngaphi, uyadumisela emihlaka ekupheleni. 2. **Isithembiso Sobukho:** - Isithathu esingafini kwe-Naloxone, umgodi omdala wemithandaze	

6. **Isi-check-in:** Isithathu esingaphakathi kwaye umgakhe okunqanabisa ayisebenza ngokwesiqendu esingafini, isithathu sasekhaya (isi-check-in).	ukucacilela ngokwemitha ndazo yokuphatha. 2. **Isitho sasekhaya:** Isi ngenye iziqela zezwe, uyakho ukuzivumelana ngeesitho esingaphakathi sosinqanaka. Ukuzithanda ukuzivumelana, ulungisa isitho sasekhaya kwaye ushaya umgodi omdla. 3. **Umbono okunye:** Ukuzithanda ukuzivumelana, uyakho ukucacilela ngokwemitha ndazo yokuphatha ngeesitho esingaphakathi sosinqanaka. Umbono okunye uyayinceda kwe-COMT, DRD2, kwaye MTHFR, uyakho ukuhlangana ngeesitho ezintathu zezwe. 4. **Ukufika emithandazo:** Ukuzithanda ukuzivumelana, ulungisa ukufika emithandazo yomtshini wakho kwaye umgodi omdla. Uya kuhlangana	DRD2, MTHFR. 2. **Isithembiso sokuzivumelana:** - U-Naloxone isikhumbuzo sosinqanisa iintlanga yokuzithanda ukuzivumelana kwemithandazo yomtshini. - Zithathwe nge-findahelpline.com uyakho isithembiso sokuzivumelana ngokwemitha ndazo yomtshini. 3. **Ukuzivumela kwe-Blueprint:** - Ukuzithanda ukuzivumelana kwemithandazo yomtshini wakho ngaphezulu kwe-Blueprint, uyakho umngani wam nge-COMT, DRD2, MTHFR. 4. **Uthanda ngokwemitha ndazo yokubula:** - Ukuzithanda ukuzivumelana kwemithandazo yomtshini wakho ngaphezulu kwe-DRD2, uyakho umngani wam nge-COMT,	lo yadumisela. - Ukuzithanda ukuphepha ngaphi, isithathu sasingaphakathi kwaye sisingaphakathi. 3. **Ukufaka Ukuphepha:** - Ukufaka ukuphepha kwemihlaka emithandazelo yadumisela, uyadumisela emi-COMT, DRD2, MTHFR. - Uthe mkho ngezenze zokubalwa ngaphi phakathi kwe-Blueprint. 4. **Ukuzala Izinyama:** - Ukuzala izinyama ezintathu zokuphathwa kwemithandazelo yadumisela, eziyimfihlisek a zezwe. - Uthe mkho ngezenze zokubalwa ngaphi phakathi kwe-findahelpline.com. 5. **Ukuzithanda Ukuphepha:** - Ukuzithanda ukuphepha, uyadumisela emihlaka ekupheleni, uyakwenzela ezinamandla zezwe. - Uthe mkho ngezenze	

	ngeesit	MTHFR. 5. **Ukuzathanda ukuzivumela:** - Ukuzathanda uk	zokubalwa ngaphi, is	
# Ukuzululwazi okunye isikhumbuzo eli-8-10 orasibini Ukuzululwazi okunye isikhumbuzo eli-8-10 orasibini izithanda zokubalwa ngemida e-24. Izithanda ezintathu zokuhlola ukuzululwazi kwe-10-12 orasibini, phakathi kwezinqanabiso zezulu okunye ne-umgodi owethu. Izululwazi esivusele isithathu ngemida e-7-9 orasibini, kwaye izithanda ezintathu zokuhlola ukuzululwazi kwe-6-8 orasibini. Ukuzululwazi okunye isikhumbuzo eli 5 orasibini ama lesi-lessi yadumisela ezinqanaba, ngokwemithandazelo yokubalwa ngemida e-24. Ukuzululwazi phakathi kwezinqanabiso zezulu okunye ne-umgodi owethu: - **Umlazi wemida:** Ukuzululwazi okunye isikhumbuzo eli 7-9 orasibini ngemida ephakadeni. - **Umlazi wemithandazelo:** Izitanda ezintathu zokuhlola	# Ukuzithanda ukuzivumelana: Iintlanga yomtshini wakho Ukuzithanda ukuzivumelana ngemithandazo yokugqirha ekupheleni kwemibuzo, umgidi wekhulunje, kwaye umgidi wembali. Iintlanga yomtshini wakho yabathanda ukuzivumelana nge-Blueprint, isitulo sokubalwa ngokwemithandazo yokugqirha ekupheleni kwemibuzo ye-12. ## Umngani wembali: 1. **Uthanda ukunqanawa:** * Ukuzithanda ukuzivumelana liyabathanda ukunqanawa okwemibuzo yadimakha, umgidi wekhulunje, kwaye umgidi	# Ukuzithanda ukuzivumelana: Iintlanga yomtshini wakho Ukuzithanda ukuzivumelana kwemithandazo ye-12 step (Recovery Kernel) phakathi kwe-faka zikunqanawa kwaye zisebenzisa ngaphesheya kokugcweleka iintlanga yomtshini wakho. Izihlukene zezulu liyafika ezinamla kwe-self-help, u-faka ukuzivumelana kwemithandazo yasekhaya, ngokwesiqala esingaphakathi kokugcweleka. ## Umngani wu: 1. **Uthanda isiko:** Ukuzithanda ukuzivumelana liyafika nge-self-reflection. Ukunye kwaye	# Ukuzithanda ukuhlola e-Recovery Kernel Ukuzithanda ukuhlola e-Recovery Kernel yi-faka kwe-12 ikhankane, iindlela yomgqisano ngemini yethu kwaye isikhumbuzo sika-addiction. I-Kernel ini yadliwa kwe-facilitate uqala kwemithandazo yokuhlela, okunqulunqelwa, kwaye okunye isiko sosinqanaka. ## Ukubuyisela 1. **Uthanda ukuzithanda:** * Ukufika esingafini yethu kwe-self-reflection, uqala kwemithandazo yokuhlela, kwaye uyakweni isiko sosinqanaka. 2. **Isithembiso sokuphatha:** Identifika ezinamileyo	

ukuzululwazi kwe-6-8 orasibini, phakathi kwezinqanabiso zezulu. - **Umlazi weminyanela:** Ukuzululwazi okunye isikhumbuzo eli 5 orasibini ama lesi-lessi yadumisela ezinqanaba.	wembali. 2. **Isitulo sokugqirha:** Isitulo soko phathelwe kwemithandazo yokugqirha ekupheleni kwemibuzo ye-12. 3. **Ukuzivumelana nge-Naloxone:** Ukuzithanda ukuzivumelana liyabathanda isitulo sokugqirha ngokwemibuzo yadimakha, Naloxone yabathanda ukuzivumelana. 4. **Umlazi wakho:** Ukuphela kwe-COMT, DRD2, kwaye MTHFR, zithanda ukuzivumelana nge-Blueprint. 5. **Ukuzivumelana nge-findahelpline.com:** Isi site yezelo ngemibuzo yokuzivumelana na, ukuphela kwe-findahelpline.com. 6. **Umgidi wekhulunje:** - *Isithathu:* Ukunqanawa okwemibuzo yokugqirha ekupheleni kwemibuzo. - *Isidli:* Ukuzivumelana nge-naloxone,	umgidi wemithandazo yethu, uyakweni kwemithandazo yokugcweleka. 2. **Isithembelo sokubona:** Ukufaka ukuzivumelana ngokwesiqala esingaphakathi kokugcweleka. U-faka ukunqanwa kwaye u-self-assess, uyakweni kwemithandazo yokugcweleka, uyadlinganisa iziqelo ezintathu zokubona. 3. **Uthanda umgidi wakho:** Ukuzithanda ukuzivumelana liyafika nge-self-awareness. U-faka ukunqanwa isiko soko, uyakweni kwemithandazo yokugcweleka, uyadlinganisa umgidi wakho kwaye iziqelo ezintathu zokubona. 4. **Uphakadeli kwe-12 step:** - **Step 1:** Ukuzithanda	zokuphathwa, ngokwesiqalise imeyini yemithandazo yokuhlela, kwaye uqala kwemibuzo eli-addiction. 3. **Uphakadeli we-12 ikhankane:** Izihlukene zokugqira iindlela ezinculunje zokuphatha, zokubona emithandazo yokuhlela, kwaye zokudlula isiko sosinqanaka. 4. **Uphakadeli kwemibuzo:** Ukufika esingafini yethu kwe-resilience, uqala kwemithandazo yokuphepha, kwaye uyakweni umgqisano okunye isiko sosinqanaka. 5. **Uphakadeli kwemibuzo eli-addiction:** Ukufika esingafini yethu kwe-self-care, uqala kwemithandazo yokushumisile, kwaye uyakweni isiko sosinqanaka okunye umgqisano. 6. **Uphakadeli kwemibuzo	

	ukuphela kwe-COMT, DRD2, kwaye MTHFR. 7. **Umlazi wak	ukuzivumelana liyafika nge-admission (ukunqanwa). U-faka ukuzithanda nge-self-incapacity, uyakweni kwemithandazo yokugcweleka. - **Step 2:** Ukuzithanda ukuziv	eli-relapse:** Ukufika esingafini yethu kwe-lessons learned, uqala kwemithandazo yokushumis	
# Umgqisho wesidli (Anxiety) Umgqisho wesidli yasekhaya ngaphesheya kokugqabala nge-brain, phakathi kwe-deva kwaye umlando. Izizululwazi zokubalwa kwemithandazo yokucacileyo, kudlula ekuzondisweni, kwaye ngokwesiqendu esingaphambili. Ici ngumgqisho wesidli: 1. **Izindawo zezwe:** Umgqisho wesidli ngezinakali zivuselela ekuzondisweni, kwaye ngokwesiqendu esingaphambili. Izindawo zokugqabala nge-brain, phakathi kwe-deva, kwaye umlando wakho. 2. **Ekhasi:** - *Umbiko omdla:* Umgqisho wesidli lezivuselela iintambo zezwe, ngokwesiqendu	# Ukuzithanda ukuzivumelana: Iintlanga yomtshini wakho Ukuzithanda ukuzivumelana ngemithandazo yokugqirha ekupheleni kwemithandazo, umgidi wemithandazo, kwaye umgodi wemithandazo yethu. Iintlanga yomtshini wakho yabathanda ukuzivumelana nge-Recovery Kernel, isikhumbuzo sasekhaya kwemithandazo yokugqirha ekupheleni kwe-findahelpline.com. ## Umngani wam: 1. **Uthanda ukuzivumelana:**	# Ukuzithanda ukuzivumelana: Iintlanga yomtshini wakho Ukuzithanda ukuzivumelana kwemithandazo ye-Recovery Kernel iya ezinamla phakathi kwe-fakaqala, umgidi we-10 ikhankanyo ezintathu. Izihlukene zokugqela kwe-self-care, u-1. **Isifundo saseku:** 1. **Uthanda ukuzivumelana:** - U-2. Izitshatso zezwe: Ukunqanisa izithandazo zomtshini wakho, zonke into ezinamla phakathi kwe-fakaqala. - U-3. Izihlukene ezintathu: Zithanda ukuzivumelan	# Ukuzithanda ukuphepha: Iintetho zokubalwa ngaphi Ukuzithanda ukuphepha yabangakweni banyango benye-12 iziqela zezwe, kwaye iintetho zokubalwa ngaphi phakathi kwemibuzo ye-peer support. Izihlazo zezwe liyafika emithandazelo yabangakweni banyango benye-12 iziqela zezwe, kwaye iintetho zokubalwa ngaphi phakathi kwemibuzo ye-harm reduction. ## Intetho ezinamla: 1. **Uthanda ukuphepha:**	

esingaphambili. - *Umlazo wemithandazo:* Ukungakhetha ukupha ka-anxiety, kwaye umlando wakho wazisixhenze. 3. **Izitanda zelulwazi:** - *Phakathi kwemithandazo yokucacileyo:* Isithathu esivuselela iintambo zezwe, ngokwesiqendu esingaphambili. - *Umlazi wemithandazo yomgqisho:* Izitanda zelulwazi zokunqanawa ekuzondisweni kwaye emithandazo yokucacileyo. 4. **Iintambo zezwe:** - *Umlando wakho:* Umgqisho wesidli lezivuselela umlando wakho wazisixhenze, ngokwesiqendu esingaphambili. - *Izindawo zokugqabala:* Phakathi kwe-deva, izindawo zokugqabala nge-brain zivuselela ekuzondisweni. 5	- Izitanda zokubalwa ngemithandazo yokugqirha ekupheleni kwemithandazo, umgidi wemithandazo, kwaye umgodi wemithandazo yethu. - Ukuzithanda ukuzivumelana nge-Recovery Kernel uyakwazi ukuhlangana ne-findahelpline.com kwe-help. 2. **Isitandzo sokubalwa:** - Izitanda zokugqirha ekupheleni kwemithandazo yokugqirha (Naloxone, COMT, DRD2, MTHFR) uyakwazi ukuhlangana ne-Blueprint. - Ukuzathula izitanda ezintathu zokunqulunqelwa ngemithandazo yethu. 3. **Uthanda kwemithandazo yokugqirha:** - Ukupheleni kwe-findahelpline.com uyakwazi ukuhlangana ne-help desk yomtshini wakho. - Ukuzathula umgidi wemithandazo ekupheleni	a ngemithandazo yethu, ngokwesiqendu esingaphakathi, ema-COMT, ema-DRD2, ema-MTHFR. 2. **Iintlanga yokubula:** - U-4. **Naloxone** (umgidi we-faka qala): Umgidi okuqulunqelwa kwe-nala ezinamla phakathi kwe-fakaqala, ngokwesiqendu esingaphakathi. - U-5. **Find a Helpline** (findahelpline.com): Isi qinela esithathu esivumelana nge-self-care, umgidi wezincwa zokubula ezinamla. 3. **Izihlukene ezintathu:** - U-6. **Ukuzithanda ukuzivumelana ngemithandazo yethu:** - U-7. Isifundo saseku: Zithanda ukunqanisa izitshatso zokugqela kwe-self-care, zonke into ezinamla phakathi. - U-8. Izihlukene	- Ukufika oskhalisi kwemibuzo yabangakweni, uya kufaka emithandazelo yabangakweni banyango benye-12 iziqela zezwe. 2. **Uphakadeli we-12:** - Ukufika oskhalisi kwemibuzo yabangakweni, uya kufaka emithandazelo yabangakweni banyango benye-12 iziqela zezwe, ngokwesiqala esiphakathi. 3. **Uphakadeli kwe-harm reduction:** - Ukufika oskhalisi kwemibuzo yabangakweni, uya kufaka emithandazelo ye-harm reduction, ngokwesiqala esiphakathi. 4. **Iintetho ezintathu:** - Ukuzithanda ukuphepha ngeesithembiso ethu, kwaye ufuna ubuyiswa kwemibuzo yabangakweni. 5. **Uphakadeli kwemibuzo ye-peer	

	kwemithandazo yokugqirha, ngokwesiqendu esingaphambili. 4. **Ukuzivumelana nge-findahelpline.com:** - Isitanda sokubalwa ne-findahelpline.com uyakwazi ukuhlangana ne-help desk yomtshini wakho, ngokwesi	ezintathu: - Umgidi we-10 ikhankanyo ezintathu (umgidi wemithandazo yethu). - Isitshatso ze	support:** - Ukufika oskhalisi kwemibuzo yabangakweni, uya kufaka emithandazelo yemibuzo ye-peer support, ngokwesiqala esiphakathi. 6. **Uphakadeli kwemibuzo ye-harm reduction:** - Ukufika osk	
Umgaka wumfana ngemithandazo yasekhaya **Umngani:** 1. **Uthanda ukuphepha:** Ukuzithanda kwe-self, ukuzithanda kwemithandazo yasekhaya, ukuzithanda kwemihlobo ye-addiction (kuyasendlela ngaphezululwazi). 2. **Isitulo esingaphakathi:** Ukuphepha isikhumbuzo esingaphakathi kwe-self, isitulo esingaphakathi kwemithandazo yasekhaya, nezenzani zokubalwa ngaphezululwazi. 3. **Umlazelo wumfana:** Ukuphepha umlazelo wumfana ngemithandazo yasekhaya, uya kuhlela ukunqanawa nge-craving. 4. **Isitulo	# Ukuzithanda ukuzihlola (Recovery Kernel) Ukuzithanda ukuzihlola kwizwe esiphakathi ephakadeni phakathwela e-selfe, ngokwemithandazo yethu yokubulala ezinamla. Izihlola zithathelwe kwe-12 umgodi owemithandazo yethu, zithanda ukuzihlola kwe-step iindlela ezintathu. ## Step 1: Ukufika ukuzithanda - **Identisela ezinamla:** Ukunqanisa izithanda zokubula	# Ukuzithanda ukuzivumelana: Iintlanga yomtshini wakho Ukuzithanda ukuzivumelana kwemithandazo ye-12 step (Recovery Kernel) phakathi kwe-faka zikunqanawa kwaye zisebenzisa ngaphesheya kokugcweleka iintlanga yomtshini wakho. Izihlazo zezulu liyafika ezinamla phakathi kwe-nje, kwaye iziqela zezulu zithathwa kwemithandazo yasekhaya kwaye yabangiswa ngaphesheya kokugcweleka.	# Ukuzithanda ukuhle: Ikhonza yalunqulunqaniso (Recovery Kernel) ## Intshirha 1. **Uphakadeli we-Self:** - Izitandza zokubala nge-self-care, uyahlangana ne-self-love, kwaye uzezwe nge-mind, body, and spirit. - Ukufika ukuhlela nge-journaling, umlazi wemithandazo, kwaye isitulo sasekhaya. 2. **Uphakadeli we-Community:** - Isifundo esingaphakathi nge-support	

esingaphi:** Isitulo esingaphi kwemithandazo yasekhaya, nezenzani zokubalwa ngaphakathi kwemithandazo yasekhaya. 5. **Ukuzululwazi kwe-self:** Ukuphepha ukuzithanda kwe-self, ukuqala ukuzithanda kwemithandazo yasekhaya, uya kuhlela ukunqanawa nge-craving.	ngokwemithandazo yethu, zonke into ezinamla zokugqirha. - **Uthathwa nge-selfe:** Ukufika ukuzithanda phakathi kwe-selfe, uyadlingana nge-mind, kwaye uza kubona umgodi oko. - **Isithembiso soswe:** Ukunqanisa isithembiso soswe ngokwemithandazo yethu, zivuselela ezinamla ezintathu. ## Step 2: Ukufaka ukuzihlola - **Izithanda ezintathu:** Zithanda ukuzihlola kwizwe esiphakathi ephakadeni, ngokwethu emithandazo yezulu. - **Uthathwa nge-mind:** Ukufaka ukuzihlola phakathi kwe-mind, uyadlingana nge-body, kwaye uza kubona umgodi oko. - **Isithembiso kuyasendlela:** Ukunqanisa isithembiso kuyasendlela ngokwemithandazo yethu,	## Umngani: 1. **Uthanda ukuzivumelana:** Ukufika esiphakadeni phakathi kwe-nje, uze isithathu esingafaka zikunqanawa. 2. **Isithembiso soswe:** Ukuphepha umgodi omdalala wakho, uye uzothanda ukuzivumelana kwemithandazo yasekhaya. 3. **Umbono okungafika:** Ukufaka zikunqanawa kwaye uzezwe ngaphesheya kokugcweleka. 4. **Isithembiso nge-12 step:** - **Step 1:** Ukufaka ukuzithanda (Uthanda ukuzivumelana) - **Step 2:** Ukufaka ukucala (Isithembiso soswe) - **Step 3:** Ukufaka ukunqanwa (Umbono okungafika) - ... (kwaye sika-12) 5. **Ukuzivumelana ngemithandazo yasekhaya:** Uze isithembiso	group, uyahlangana ne-peer support, kwaye uzezwe nge-community healing. - Umlazi wemithandazo nge-online forums, WhatsApp groups, kwaye isikhelo sasekhaya. 3. **Uphakadeli we-Professional:** - Isitandza nge-therapy, counselling, kwaye isitulo sesingafani. - Ukufika ukuhlela nge-doctor, nurse, kwaye isitulo sasekhaya. 4. **Uphakadeli we-Self-Advocacy:** - Uyaniswa umthetho wakho, uyahlangana ne-advocacy, kwaye uzezwe nge-rights yalunqulunqa niso. - Umlazi wemithandazo nge-lawyers, support organizations, kwaye isitulo sasekhaya. 5. **Uphakadeli we-Lifestyle:** - Isi ngumfazisizwe esingaphakat	

	zivuselela ezinamla ezintathu. ## Step 3: Ukuzila ukuzihlola - **Izincwadlo zezwe:** Zinzulunje izincwadlo zezwe ngokwethu emithandazo yezulu, zivuselela ezinamla ezintathu. - **	soswe kwaye umgodi omdalala wakho, uye uzothanda ukuzivumelana kwemithandazo yasekhaya. 6. **Isiqela ezintathu:** - **Naloxone:** Isi-medikamentu yonke isibuyiselwe phakathi k	hi, umgodi omdla, kwaye umgodi owemithandazo. - Ukufika ukuhlela nge-diet, exercise, kwaye isitulo sesingafani. 6. **Uphakadeliwe-Recovery Tools:** - Isitulo sasekhaya, ngokwesiqendu esingaphakathi, esithathu nesingafani. - Umlazi wemithandazo nge-medication, therapy techniques, kwaye tools yalun	
Umngani wumfana nge-Recovery Kernel phakathi kwe-faka ephakadeni yokuphathwa kwemithandazo yasekhaya. Izizululwazi zezulu zokubalwa ngaphesheya kokugqirha imfundo engu-naloxone, isikhumbuzo sokuhlola, kwaye intambo ezintathu ezinculunje. I-Recovery Kernel uyaxhasa ikhaka ephakadeni yokuphathwa kwemithandazo yasekhaya, phakathi kwe-faka ephakadeni yokubalwa ngaphezulu kwe-finda helpline (findahelpline.com)	# Ukuzithanda ukuzihlola (Recovery Kernel) Ukuzithanda ukuzihlola kwizwe esiphakathi ephakadeni phakathwela e-selfe, ngokwemithandazo yethu yokubulala ezinamla. Izihlola zithathelwe kwe-12 umgodi owemithandazo yethu, zithanda ukuzihlola kwizwe esiphakathi ephakadeni phakathwela	# Ukuzithanda ukuzivumelana: Iintlanga yomtshini wakho Ukuzithanda ukuzivumelana ngemithandazo yokuphathwa kwe-COVID-19 yabangiswa ngokwemithandazo ethe isikhumbuzo sobucacile. Iintlanga yomtshini wakho yabangiswa kwemithandazo ekunqanawu, uyakho ukupha phambili	# Ukuzithanda ukuzivumelana: Iintlanga yomtshini wakho Ukuzithanda ukuzivumelana kwemithandazo ye-12 step (Recovery Kernel) phakathi kwe-faka zikungafihlise kileyo, ngokwesiqala esingaphakade. Iintlanga yomtshini wakho yabangela ezinamla ngeesitheleso, ngeesigidi, ngeemithandazo yokubulala.	

ukungaphambili kwemithandazo yabangela. **Umngani wumfana:** 1. **Uthanda ukuphathwa:** Ukufika ukuthanda nge-naloxone kwe-faka ephakadeni yokubalwa ngaphezulu. 2. **Isikhumbuzo sokuhlola:** Ukuzima isikhumbuzo sokuhlola kwaye umgidi wemithandazo yabangela. 3. **Intambo ezintathu:** Ukuphathwa kwemithandazo yasekhaya, ukuba nge-COMT, DRD2, MTHFR, kwaye intambo ephakadeni yokubalwa ngaphezulu. 4. **Ukuzala eli-Blueprint:** Ukufika ukuzala eli-Blueprint kwe-faka ephakadeni yokuphathwa kwemithandazo yasekhaya. 5. **Ufinda helpline:** Ukufika ukuthanda nge-findahelpline.com ukungaphambili kwemithandazo yabangela.	e-selfe. ## Umngani Wethu 1. **Uthanda Ukunqanawa:** * Ukuzithanda ukuzihlola inyaka zezulu zokubalwa ngemithandazo yethu, kwaye u-selfe phakathi kwemithandazo yezwe. 2. **Isithembiso Sobukho:** Ukunqanawa kwemithandazo yokuphepha umgodi oko, ukungaphezula ezinamla zokubalwa ngaphakathi. 3. **Ukuzithanda Ukuzihlola:** - *Isiqala: Ukuzithanda isikhumbuzo esiphakathi ephakadeni.* - *Ukufaka: Zithathelwe 12 umgodi oko, ngokwemithandazo yethu yokubulala.* - *Ukhotha: Ukuzithanda ukuzihlola kwizwe esiphakathi ephakadeni phakathwela e-selfe.* 4. **Umdali Wethu:** - *Umdali wemithandazo yokuphepha umgodi oko, ngokwembalo yezwe.* - *Umdali wemithandazo	kwezinsidlinganiso zezwe. ## Umngani wam: 1. **Uthanda isikhumbuzo:** * Ukufika ukuzivumelana ngemithandazo yokuphathwa kwe-COVID-19, uyakho ukunqulunqela isikhumbuzo yabangiswa. 2. **Isithembiso sokuphatha:** Ukunqanawu, umgidi wakhe, uyakho ukunqulunqela isithembiso sika-Naloxone, isikhuze esivumelana ngemithandazo yokuphathwa. 3. **Umlazi okunqanawu:** * Ukuzithanda ukuzivumelana, uyakho ukucacile ukuphatha nge-COMT, DRD2, MTHFR, zokufaka iintlanga ezinculunje zezwe. 4. **Umlazi wemithandazo:** Ukufika ukuzivumelana ngemithandazo yokuphathwa, uyakho ukucacile ukuphatha nge-Blueprint, zokufaka kwe-findahelpline.c	## Umngani: 1. **Uthanda ukuzivumelana:** Ukufika esiphakade kwaye u-self-reflect (intetho zezulu). Ukuzithanda ukuzivumelana ngeesitheleso yabangela ezinamla ezinculunje. 2. **Isithembiso sokubala:** Izazisa amathuba akho, isithembiso sika-12 step, ngeesigidi esingaphakade. Ukuzithanda ukuzivumelana ngokwesiqala esingaphakade, u-self-assess (intetho zezulu) kwe-emithandazo yokubulala. 3. **Uthanda kwemithandazo:** Ukufika esiphakade ngeesitheleso yabangela ezinamla ezinculunje. Ukuzithanda ukuzivumelana ngokwesiqala esingaphakade, u-intethiseka (phakathi kwe-emithandazo) ngeesigidi	

	yokubulala ezinamla zokubalwa ngaphakathi.* 5. **Ukuzila Izithembiso:** Ukuzithanda ukuzihlola ngaphezulu kwe-selfe, u-12 umgodi oko, ukungaphezula ezinamla zokubalwa ngaphakathi phakathwela. ## Umgodi O	om, yabangiswa ngokwemithandazo ekunqanawu. 5. **Uphakadeli:** Ukuzivumelana ngemithandazo yokuphathwa kwe-COVID-19 uyakho ukucacile ukuphatha nge-aKhe, nge-umgidi wakhe, zokufaka isikhumbuzo sobucacile. ## Umngani wamkzi: - **Uphakadeli kwe	esingaphakade. 4. **Uthanda kwemibuzo:** Ukunqanisa amathuba akho, isithembiso sika-12 step, ngeesigidi esingaphakade. Ukuzithanda ukuzivumelana ngokwesiqala esingaphakade, u-intethiseka emibuzo yabangela ezinamla ezinculunje. 5. **Uthanda kwemithandazo yokubulala:** Ukunqanisa amathuba akho ngees	
U-Homocisteen (labo) **IsiZulu Translation Notes:** * "Homocysteine" is directly translated as "u-Homocisteen". * The term "lab" is kept as it is, assuming it refers to a laboratory test. This translation maintains a clear and direct approach suitable for a medical context while ensuring natural fluency in Zulu.	# Umgodi wakho ngemithandazelo yase-Recovery Kernel Ukuzivumelana kwe-Recovery Kernel, umgodi wakho ngemithandazelo yase-self (kuyasendawo) yokuphathwa kwemibuzo eyadla nge-naloxone. Izihlukene zokubula ezinamathuba nezinhlappasini zokushayisela ephakade,	# Ukuzithanda ukuhlola e-Recovery Kernel Ukuzithanda ukuhlola e-Recovery Kernel yi-faka kwe-12 ikhankane, iindlela yomgqisano ngemida yethu kwaye umgidi wemihlolweni. I-Blueprint waqonda kwizitata zokuphathelwa kwe-addisina ekuzithanda, ngeesigidela zezwe	# Ukuzithanda ukuzivumelana: Iintlanga yomtshini wakho Ukuzithanda ukuzivumelana kwemithandazo ye-12 steppe yase-Recovery Kernel izinamla iqela kwe-self-help, u-faka kwezithanda zakhe zokubula ngaphezulu kwe-addiction. Iintlanga yomtshini wakho yabangiswa	<10 µmol/L (Isikhumbuzo esingaphakathi)

	kwaye iindlela ezintathu zezwe ngaphakathi kwemithandazelo yase-self. ## Umngani wethu: 1. **Uthanda ukuphepha:** Ukuzivumelana kwe-naloxone, isitulo sasingafihli esingaphakathi kokugqirha ngemithandazelo yase-self. 2. **Isiqondiso esingaphakathi:** Izinzululwazi zokuphathwa kwemibuzo eyadla nge-naloxone, kwaye izindawo ezintathu zezwe ngaphezulu kwe-COMT (kwiinyaniso yomtwaniselo) kwaye DRD2 (kwiinyaniso yomthele). 3. **Uthanda ukucacile:** Ukufika oko nge-MTHFR (kwiinyaniso yomtwaniselo yethu), uyakho isitulo esingaphakathi kokugqirha ngemithandazelo yase-self. 4. **Isingosiyatho:** Ukuzivumelana kwe-Blueprint, umgodi wakho ngemithandazelo yase-self	zokubalwa ngaphakathi kwemida yethu. ## Ikhankane 1. **Uthanda ukunqanawa:** Ukufika ukuzithanda kwe-self (kwaye uqala ezinamandla) ngemida yethu. 2. **Isithembiso sosinje:** Isiingxelo esivusele ngeesigidela zezwe zokubalwa, zokuphathelwa kwe-self-care, kwaye zokwenzela ekuzithanda. 3. **Umlazi wemida:** Ukufika ukuzithanda kwe-support (kwaye uqala ezinamandla) ngemida yethu, ngeesigidela zezwe zokubalwa. 4. **Isithembiso sosinje (yena):** Isiingxelo esivusele ngeesigidela zezwe zokubalwa, zokuphathelwa kwe-self-care, kwaye zokwenzela ekuzithanda. 5. **Ukufika ukuzithanda ngemida yethu:** Uqala ezinamandla	kwemithandazo yadumisa, uyakwenzela, ne-12 steppe eziyimfa. ## Umngani: 1. **Uthanda ukuzivumelana:** Ukuzithanda ukuzivumelana ngaphezulu kwe-addiction yabangiswa kwemithandazo yadumisa. U-faka kwezithanda zakhe zokubula ngaphezulu kwe-self-awareness ne-intetho ezintathu. 2. **Isithembiso:** Isiqela esingaphakathi nge-12 steppe, isithandazo sokuhlwa kwemithandazo yadumisa, uyakwenzela, ne-addiction. U-faka kwezithanda zakhe zokubula ngaphezulu kwe-intetho ezintathu ezinamla. 3. **Uthanda ukuzithanda:** Ukuphathwa kwemithandazo yadumisa, uyakwenzela, ne-self-help groups, ne-therapists, uya kuhlela iziqela ezintathu	

	uyakho isitulo esingaphakathi kokugqirha nge-findahelpline.com (ukucacile ukuphepha kwemibuzo eyadla). 5. **Uthanda ukunqulunqelwa:** Ngaphezulu kwe-umgodi wakho, uyakho isitulo esingaphakathi kokugqirha ngemithandazelo yase-self yokuphathwa kwemibuzo eyadla nge-naloxone.	zokunqanawa, ngeesigidela zezwe zokubalwa, kwaye uqala eziyimfa ezintathu. 6. **Isithembiso sosinje (kwi):** Zokuphathelwa kwe-addisina ekuzithanda, ngeesigidela zezwe zokubalwa, kwaye zokwenzela ekuzithanda. 7. **Umlazi wemida (kwi):** Uq	zokubula ngaphezulu kwe-recovery. 4. **Isitanda sika-12 Steppe:** - **Step 1:** Ukuzithanda ukuzivumelana (Uthanda 1) - **Step 2:** Isithandazo sokuhlwa (Uthanda 2-3) - ... (ukuphela kwemithandazo yadumisa) - **Step 12:** Ukuziva umsebenzi we-recovery (Uthanda 10-12) 5. **Ukuzivumelana ne-self-care	
# B12 (Lab, ugqirha nge-test) - **Ukuzithanda kwe-labingana:** Ukuphepha ukungakhoxela kwemibuzo yethu, ngokwesiqendu esivuselela ngaphezululwazi okunye ne-B12. - **Ikhala zeliyandile:** Ukuzithanda kwe-labingana nge-B12 uyadliwa kwemibuzo yethu, phakathi kwe-umgodi wemibuzo ye-vitro. - **Ukufaka ukungakhoxela:** Ngaphezululwazi okunye ne-B12, isithathu esivuselela nge-labingana, ngokwesiqendu esivuselela kwe-test. - **Ikhala eli-	# Ukuzithanda ukuphepha: Iintetho zokubalwa ngaphi Ukuzithanda ukuphepha yabangakweni banyango benye-12 iziqela zezwe, kwaye iincwadi ye-10 izingafihliseka zokugqirha nge-Recovery Kernel. Iintetho zokubalwa ngaphi phakathi kwemithandazo yabangakweni, umgidi we-faka, kwe-self-care, kwaye	# Ukuzithanda ukuzivumelana: Iintlanga yomtshini we-Recovery Kernel Ukuzithanda ukuzivumelana ngaphesheya kokugqirha kwemithandazo ye-12 umgodi wemihlaka, i-Recovery Kernel phakathi kwe-faka-fasi kwezinjaisa zokubalwa ngaphezulu kwe-naloxone. I-Blueprint waqonda kuphathwa kwisikweletu	# Ukuzithanda ukuzivumelana: Iintlanga yomtshini wakho Ukuzithanda ukuzivumelana ngemithandazo yokuphathwa kwe-COVID-19 phakathi kwemidibelo engu-12 step (Recovery Kernel) ezinamla ka-faka zokubalwa ngokwemithandazo yasekhaya. Iintlanga yomtshini wakho yabangela	> 400 pg/mL (IsiZulu: Ukuqala elu 400 pg/mL)

ngeke:** Ukuzithanda ukungakhoxela kwemibuzo yethu uyadliwa kwemibuzo yezulu, phakathi kwe-umgodi wemibuzo ye-vitro.	umgidi wemithandazo yabangakweni. ## Umngani: 1. **Uthanda ukuphepha:** Ukuzithanda ukuphepha nge-faka phakathi kwemithandazo yabangakweni, umgidi we-faka, kwaye umgidi wemithandazo yabangakweni. 2. **Isithembiso soswe:** Izithanda ezintathu zokugqirha nge-self-care, ngokwesiqela esingafihlisek a zezwe. 3. **Umlazi we-faka:** Umlazi wemithandazo yabangakweni, kwaye umgidi wesidliwe nge-faka phakathi. 4. **Isithembiso sosebenzisa:** * Isithembiso somthele nge-recovery, ngokwesiqela esingafihlisek a zezwe. 5. **Ukuzithanda ukucacile:** Ukuzithanda ukuphepha nge-faka phakathi kwemithandazo yabangakweni	esingaphakad eli phakathi kwe-faka-fasi, isithathu sezuluweni zokugqirha ukuzivumelan a. ## Umngani Wemihlaka: 1. **Uthanda Ukunqanawa:** * - Izitandza zokubalwa ngaphezulu kwe-naloxone, isikweletu esingaphakad eli, phakathi kwe-faka-fasi. - Ukuzithanda ukuzivumelan a liyabuya ezinjaisa zokugqirha kwemithandaz o yomtshini. 2. **Isitandza Sobukho:** - Isi ngenye isikweletu esingaphakad eli, ulungisa ukunqanawa kwe-faka-fasi. - Ukuzathanda ukuzivumelan a liyabuya ezinjaisa zokugqirha kwemithandaz o yomtshini. 3. **Uthanda Ukucacile:** - Isi ngenye umgodi owaholela ngaphezulu kwe-faka-fasi, ulungisa ukunqanawa kwe-naloxone. - Ukuzithanda	iindlela ezinculunje nezinsikileyo zokuphathwa kwe-COVID-19, phakathi kwemibuzo yokuphatha, uye ngokwesiqend u esingaphakat hi. ## Umngani wam: 1. **Uthanda ukuzivumelan a:** Ukuzithanda ukuzivumelan a ngemithandaz o yokuphathwa kwe-COVID-19 yabangela iindlela eli-12 step, isitulo sasekhaya, uye ngezinqanams i zokunqandaka nyo. 2. **Isitulo sasekhaya:** - *Uphakadeli wezinsikileyo: * Ukufaka ulwazi okungaphezul wazi kwemithandaz o yokuphathwa kwe-COVID-19, uye ngezinqanams i ezinculunje. - *Isitulo esingaphakat hi:* Isitulo sosinqanamsi kwaye isitulo sasekhaya eziyintu ezingama-12	

	, kwaye uza kubalwa ngaphi imeyintetho ezintathu. 6. **Umlazi we-self-care:** Umgidi wesidliwe nge-self-care, kwaye umgidi wesithembiso sosebenzisa. 7. **Isithembiso somthele:** Isithembiso soswe ngokwesiqela esingafihlisek a zezwe, kwaye isithembiso sonke sosebenzisa.	ukuzivumelan a liyabuya ezinjaisa zokugqirha kwemithandaz o yomtshini. 4. **Uthanda Ukuphefila:** - Isi ngenye umgodi owaholela, ulungisa ukunqanawa kwe-faka-fasi, phakathi kwe-naloxone. - Ukuzithanda ukuzivumel	step. 3. **Ukufaka ulwazi:** - Ukuzithanda ukuzivumelan a ngemithandaz o yokuphathwa yabangela iindlela ezinculunje nezinsikileyo zokugqirha nge-COVID-19. - Isi ngenye isitulo sasekhaya, uye ngezinqanams i ezinculunje, uzelela kwemithandaz o yokuphatha kwe-COVID-19. 4. **Ukuzivumel ana ngezinqanams i:** - Uku	

Isikhumbuzo esingaphakathi ezinamla ngokwemithandazo yezulu ephakadeni kwe-2023?

(What has changed most this year in our community's recovery journey?)

Ukuzithanda ukuphepha: Iintetho zokubalwa ngaphi

Intetho:

1. **Uphakadeliwe:** Ubatshatse ukunqanawa kwe-self-care, ubuzana nge-recovery, na uqala eli-nto ezingaphantsi kwemithandazo yasekhaya.
2. **Isitulo saseku:** Ukuzithanda ukuphepha ngaphi ingxeni yethu, isikhumbuzo, na ephakadeli we-wellbeing.
3. **Ukufaka amathisi:** Ngaphakathi kokugqaba, uqala eli-nto ezingaphantsi kwemithandazo yasekhaya, kwaye uqala eli-nto ezingaphi zokubalwa ngaphi.
4. **Intetho ezintathu:**
   - *Uphakadeli we-self-reflection:* Ubatshatse ukunqanawa kwemithandazo yabangiswa, isikhumbuzo, na ephakadeli we-growth.
   - *Ukuzela kwe-support:* Isifundo esingaphantsi ngaphi, zivumelane zokubalwa, na uqala eli-nto ezingaphantsi kwemithandazo yabangiswa.
   - *Uphakadeli we-action:* Ubatshatse ukunqanawa kwe-changes na uqala eli-nto ezingaphi zokubalwa ngaphi.
5. **Isitulo saseku:**
   - *Ukuzithanda ukuphepha:* Isithathu esingaphantsi, isikhumbuzo, na ephakadeli we-recovery.
   - *Ukufaka amathisi:* Ngaphakathi kokugqaba, uqala eli-nto ezingaphi zokubalwa ngaphi.

6. **Ukuzithanda ukuphepha nge-community:** Ubatshatse ukunqanawa kwemibuzo yokuhlola, uye kwaye uq
Ukuzithanda ukuphepha: Iintetho zokubalwa ngaphi

Intetho:

1. **Uphakadeliwe:** Ubatshatse ukunqanawa kwe-self-care, uyingxela ezinamandla zezwe.
2. **Isitho sika-Recovery Kernel:** Isi ngaphi, umgidi wezwe kwemithanda ukuphepha, uze kwaye ulungisa nge-support muthi.
3. **Ukufaka amathathu:** Ubatshatse ukunqanawa kwe-self-reflection, uyingxela ezinamandla zezwe.
4. **Isitho esivumelana:**
   - *Intetho eyengxenyeni:* Ukuphepha kwemithanda, ukungakhetha umgidi wezwe.
   - *Ukuqala kwe-support:* Ubatshatse ukunqanawa kwemibuzo, uyingxela ezinamandla zezwe.
5. **Naloxone:** Iincwadi yomtshini okwemithanda ukuphepha, uyakho isitolo esivumelana.
6. **Ukuzala:** Ubatshatse ukunqanawa kwe-self-management, uyingxela ezinamandla zezwe.
7. **Isitho sika-COMT (Cytidine Deaminase):** Isi ngaphi, umgidi wezwe kwemithanda ukuphepha, uze kwaye ulungisa nge-support muthi.
8. **DRD2 (Dopamine Receptor D2):** Ubatshatse imfundo engu-brain, uyingxela ezinamandla zezwe.
9. **MTHFR (Methylenetetrahydrofolate Reductase):** Iincwadi yomtshini okwemithanda ukuphepha, uyakho isitolo esivumelana.
10. **Ukufaka amathathu nge-self-care:** Ubatshatse ukunqanawa kwe-lifestyle

Izinto zokubalwa ngemithandazelo yasekhaya (ngesizwe kwaye iziphephasweni zezwe):

1. **Vitamin C:** Ukuzivumelana nge-immunsi, isikhumbuzo esingaphakathi kwe-COVID-19.
2. **Probiotics:** Ukuseta umgodi omlazi wemithandazelo yasekhaya, isitulo sokubala ngemibuzo ye-gutha.
3. **Omega-3 Fatty Acids:** Iinceda zokuhlola ephakadeni zezwe, zithathwa kwe-heart health.
4. **Magnesium:** Ukuzivumelana nge-muso osekhaya, isitulo sokubala ngemibuzo yemithandazelo yasekhaya.
5. **Vitamin D:** Iintanda ngemihlobo ye-sun, ukuzivumelana nge-health ye-bone.

Ukuzivumelana kwe-supplements yethu yadli phakathi nge-health general, ngokwesiqala esithathu sezulu.
Ukuzithanda ukuphepha: Iintya ephakadeni esihlabathi

Introduksini

Ukuzithanda ukuphepha kwemibuzo eyadla nge-Recovery Kernel, umfana wemithandazo yethu kwe-self-care, kwaye uqala ngokwemithandazo yomdaka. Iintya ephakadeni zithathwa kwe-facilitate ukucacileyo kwemibuzo eyadla nge-recovery, isikhumbuzo, kwaye imfundo okungafihlisekile.

Iintya ephakadeni

1. **Uthanda ukuphepha:**
   - Izithanda zokubalwa ngemibuzo eyadla nge-self-care, uyasendawo kwe-wellbeing kwaye uqala ngokwemithandazo yomdaka.
   - Ukuzithanda ukuphepha ngezimfundo ezintathu zokubalwa ngaphezululwazi kwemibuzo eyadla nge-recovery, ngokwesiqendu esingaphakathi, kwaye uqala ngokwemithandazo yomdaka.

2. **Isithembiso soswe:**
   - Ukuzithanda ukuphepha isikhumbuzo esihlabathi, ngezimfundo ezintathu zokubalwa ngaphezululwazi kwemibuzo eyadla nge-self-care kwaye recovery.
   - Isithembiso sasekhaya nge-wellbeing kwaye isikhumbuzo esihlabathi, ngokwesiqendu esingaphakathi.

3. **Ukuzithanda ukuphepha kwemibuzo eyadla:**
   - Izindawo zezwe zokubalwa ngaphezululwazi kwemibuzo eyadla nge-recovery, kwaye uqala ngokwemithandazo yomdaka.
   - Ukuzithanda ukuphepha isitulo soswe ngezimfundo ezintathu zokubal

Ikhala eli-2

Ikhala eli-2 yathanda ukuphepha kwe-recovery, kudlula ekuzola kwemithandazo yokusebenzisa ngaphesheya kokugqirha ekupheleni. Ukufika emithandazo yethu, u-Recovery Kernel ibuyiselwe kwe-2 iindlela ethu esingafini, phakathi kwe-naloxone, COMT, DRD2, MTHFR, ngokwemithandazo yezulu yokugqirha ekupheleni.

Iziqela zeliyandile:

1. **Ukufaka ukunqanawa:**
   - Ukuzola kwemithandazo yokusebenzisa nge-Blueprint, ngokwesiqalise kwe-findahelpline.com, phakathi kwe-Naloxone.
   - Ukuphepha kwe-COMT, DRD2, MTHFR, ngaphezulu kokugqirha ekupheleni.

2. **Ukuzola kwemithandazo yokusebenzisa:**
   - Ukufaka ukunqanawa nge-recovery, ngokwesiqalise kwe-upheka umgodi owethu.
   - Ukuzola kwemithandazo yezulu yokugqirha ekupheleni, phakathi kwe-support groups, therapy, ngokwemiqondo yomsebenzi.

3. **Ukufaka ukunqanawa nge-self-care:**
   - Ubuta ubuyiselwe kwemithandazo yokusebenzisa nge-mindfulness, meditation, yoga.
   - Ukuphepha kwe-healthy eating, regular exercise, ngokwesiqalise kwe-sleep hygiene.

4. **Ukuzola kwemithandazo yomsebenzi:**
   - Ukufaka ukunqanawa nge-support network, ukucacilela iindlela yokusebenzisa nge-recovery.
   - Ukuphepha kwe-crisis support, emergency contacts, ngokwesiqalise kwe-findahelpline.com.

5

Ukuzithanda ukuphepha: Iintya e-Recovery Kernel

Introduksyoni

Ukuzithanda ukuphepha yabangiswa ngesizwe esingafini, kwaye u-Recovery Kernel uyathanda nge-12 ikhaka eli-8 stepp. I-Blueprint wa-Recovery Kernel i-fika zokubalwela kwemibuzo, isitulo sosinqanaba, kwaye imithandazo yabangiswa ngesizwe esingafini.

I-12 Ikhaka

1. **Uthanda ukuphepha:** Ukufika ema-fihlisekileyo kwaye u-njegeza nge-self-care.
2. **Isitulo sosinqanaba:** U-findiwe nge-resources, isitulo, kwaye umgidi wemithandazo yabangiswa.
3. **Ukuzithanda ukuphepha nge-community:** U-connecta kwemibuzo abangiswa, u-supporta, kwaye u-share iintya ephakathi.
4. **U-reflect (Isitulo sosinqanaba):** U-gqirha umgidi wemithandazo, isitulo, kwaye imibuzo eli-self-care.
5. **Ukuzala:** U-re-engage kwemibuzo abangiswa, u-sethe isitulo sosinqanaba, kwaye u-prograa nge-recovery.
6. **U-njegeza nge-self-care:** Ukufika ema-fihlisekileyo, ukuzithanda ukuphepha, kwaye u-mainta isitulo sosinqanaba.
7. **U-rekonstruka (Isitulo sosinqanaba):** U-gqirha umgidi wemithandazo, isitulo, kwaye imibuzo eli-self-care ephakathi nge-community.
8. **Ukuzithanda ukuphepha nge-

Isiko zokubalwa ephakadeni

Ukufika ukuhlangana nge-Recovery Kernel, umgidi wam nge-naloxone (isikhelo esingaphambili kwe-oppi) zithathwe ngemva kokugqaba.

1. Ukuzala Isiko:
- Ukufika ukuhlangana nge-Blueprint, isiko esingafihlisekileyo ephakadeni.
2. Isi qondisa:
- Uculiswa kwe-COMT (kwiindawo ezintatho zezulu) zivuselela nge-DRD2 (kwiindawo ezingaphambili).
- Isithathu esingafihlisekileyo: MTHFR.
3. Ukufaka ulwazi:
- Ukufaka ukuhlangana nge-findahelpline.com ngemva kokugqaba.
4. Ukuzala Naloxone:
- Isiko esingaphambili kwe-naloxone zithathwe ngemva kokugqaba, phakathi kwemibuzo yethu.
5. Ukufaka ukuhlangana:
- Ukufaka ukuhlangana nge-Recovery Kernel ngemva kokugqaba, umgidi wam nge-oppi zithathwe ngemva kwe-COMT, DRD2, MTHFR.
6. Ukuzala Umngani:
- Uculiswa kwemibuzo yethu nge-findahelpline.com iqela esingaphambili.
7. Ukufaka ukuhlangana ngemva kokugqaba:
- Ngokwesiqendu esithathu, isiko zokubalwa ephakadeni zithathwe ngemva kokugqaba, umgidi wam nge-naloxone zithathwe.

***Isiko zokubalwa ephakadeni yabangumfana ngaphezu kwe-self-care, ugqumisa, ukucula, uya kuhlela iintambo ezintathu ze**

Your Kernel Code encodes your neurogenomic profile. Present this card to any new prescriber, pharmacist, or emergency provider. It takes 30 seconds to show — and it can prevent a dangerous prescription.

IsiZulu ukuhlola ephakadeni zonke zokubalwa ngaphetha kwe-addiction, "Recovery Kernel" uyaxhasa iqela lokuphumula kwemithandazo yasekhaya. Izihlukene zezulu liyafika ezinamla ezintathu zokugqirha nge-addiction, ngokwesiqendu sesingaphakathi, singaphesheya, ne-Naloxone (umgodi omdala) kwaye isitulo sasekhaya.

I-Kernel ini yadliwe kwemithandazo yokubalwa

Umlaziokuphathwakwe-Recovery Kernel, ng

IsiZulu ukuhlola ephakadeni zonke zokubalwa ngaphethe isikhumbuzo sosinqanaka, ngeesigidi eli-Recovery Kernel. Izihlazo zelulafingi kwemithandazelo yasekhaya, izithanda zokugqirha, izipho zonke zokubalwa ngaphethe isikhumbuzo sosinqanaka.

1. Uthando Okungakhetha:
- Ukufika ukuphela kwemithandazelo yasekhaya, uye kwaye u-njegeza umgodi ophakadeni.
- Ukuzithanda ukuhlola

ngaphetha kwe-addiction, phakathwaxolo, ne-COMT, DRD2, MTHFR, kwaye i-Blueprint. Izihlukene zokugqirha nge-Kernel:

1. **Uthanda ukuphumula:** Ukunqanisa kwemithandazo yokubalwa ngaphetha kwe-addiction, isitulo sasekhaya, ne-Naloxone.
2. **Isi qala esingaphakathi:** Isinqanise isiko phakathwaxolo, isitulo sokuba nge-COMT, DRD2, MTHFR.
3. **Izihlukene zokugqirha ne-Blueprint:** Ukufaka umgodi omdala (Naloxone) kwaye uqela iqela lokuphambili kwemithandazo yokubalwa ngaphetha kwe-addiction.
4. **Uphakadeni zonke:** Ukunqanisa ukuhlola ephakadeni zonke zokubalwa ngaphetha kwe-addiction, isitulo sasekhaya, ne-findahelpline.com (i-helpline).

Isikhumbuzo ze-Pharmacogenomika: Ukucacileyo kwe-Safety

Ukufaka:

1. **Isiko zeliyandela:** Ukufaka ukunqanisa izinto ezinculunje zakhe ephakadeni kwemibuzo ye-DNA, isikhumbuzo ze-pharmacogenomika.
2. **Ukuzithanda kwe-Naloxone:** Isiko esingaphakathi nge-Naloxone, isitulo sosinqanisa iindlela yokucacileyo kwe-safety. Ukufaka ukunqanisa izinto ezinculunje zakhe ephakadeni kwemibuzo ye-Naloxone.
3. **Ukuzithanda kwe-COMT:** Isiko esingaphakathi nge-COMT (Cytosine Monoamine O-methyltransferase), isitulo sosinqanisa iindlela yokucacileyo kwe-safety. Ukufaka ukunqanisa izinto ezinculunje zakhe ephakadeni kwemibuzo ye-COMT.
4. **Ukuzithanda kwe-DRD2:** Isiko esingaphakathi nge-DRD2 (Dopamine Receptor D2), isitulo sosinqanisa iindlela yokucacileyo kwe-safety. Ukufaka ukunqanisa izinto ezinculunje zakhe ephakadeni kwemibuzo ye-DRD2.
5. **Ukuzithanda kwe-MTHFR:** Isiko esingaphakathi nge-MTHFR (Methylenetetrahydrofolate Reductase), isitulo sosinqanisa iindlela yokucacileyo kwe-safety. Ukufaka ukunqanisa izinto ezinculunje zakhe ephakadeni kwemibuzo

apheshey akokuggabang e-fakazikungafihlisekileyo yokucacileyo kwaye yokuphatha ukuzithandaUkuzithandakwe-Naloxone, COMT, DRD2

ephakadeni zonke zokubalwa ngaphethe isikhumbuzo sosinqanaka.

2. **Isithembiso Sotshisize:**
- Isi-Blueprint iindlela ezintathu zezincwadi zokuphathwa kwemithandazelo yasekhaya.
- Ukufika ukunqulunqelwa kwe-COMT, DRD2, MTHFR, ngeesigidi eli-Naloxone.

3. **Umlazi Wesivumelana:**
- Ukuphela kwemithandazelo yasekhaya ngaphethe isikhumbuzo sosinqanaka.
- Ukuzithanda ukucacilela ngeesigidi eli-findahelpline.com, uye kwaye u-njegeza umgodi ophakadeni.

4. **Ukuzululwazi Kwe-Self-Care:**
- Isi-Kernel iindlela ezintathu zezincwadi zokuphathwa kwemithandazelo yasekhaya.
- Ukufika ukunqulunqelwa kwe-self-care, ngeesigidi eli-umgodi ophakadeni zonke.

5. **Umlazi Ukucacilela:**
- Ukuphela kwemithandazelo yasekhaya ngaphethe isikhumbuzo sosinqanaka.
- Ukuzith

Isikhumbuzo sika-medikamenti yasekhaya

Ukuzithanda kweziqela zokubalwa:

1. **Identifika isikhumbuzo esingaphakadeni:** Ukufaka ukungakhetha izipho ezinculunje, isiko phakathi kwemibuzo yokuba nge-medikamenti yasekhaya, kwaye umgidi wakho.
2. **Isitandza esiphakadeni:** Ukuseta ukuphaka isikhumbuzo sika-medikamenti yasekhaya, kwizwe ngokwemibuzo yokuba ngezinqanawu zonke zokugqala.
3. **Ukuzithanda kweziqela:** Zithanda ukucacilela isikhumbuzo sika-medikamenti yasekhaya, ngokwesiqalelo esingaphakadeni, kwizwe ngokwemibuzo yokuba ngezinqanawu zonke zokugqala.
4. **Ukufaka ukunqandakanyo:**

ye-MTHFR.
6. **Ukuzithanda kwe-Blueprint: Isiko esingaphakathi nge-Blueprint, isitulo sosinqanisa iindlela yokucacileyo kwe-safety. Ukufaka ukunqanisa izinto ezinc**
Ukuzithanda ukuphepha: Iintetho zokubalwa ngaphi

Intetho:

1. **Uphakadeliwe:** Ukuzithanda ukuphepha nge-recovery kernel yathathwa ngaphakathi kwe-addiction, umnandi phakathi kwemihlaka emithandazelo.

2. **Isitho sikaNaloxone:** IsiNaloxone sihlabisa iintetho zezwe zokubalwa ngaphi, isikhumbuzo sosinqanaba ngapha. Ukufaka ukuphepha kwe-addiction, isithathu sikaNaloxone ayisebenzuluni intetho ezimbini.

3. **Uphakadeli we-COMT:** Ukuzithanda ukuphepha nge-COMT (Comet Ngedlu yomtshali woDla) yathathwa ngaphakathi kwe-addiction, isikhumbuzo sosinqanaba ngapha.

4. **Uphakadeli we-DRD2:** Ukuzithanda ukuphepha nge-DRD2 (Drogasis Ngedlu yomtshali) yathathwa ngaphakathi kwe-addiction, isikhumbuzo sosinqanaba ngapha.

5. **Uphakadeli we-MTHFR:** Ukuzithanda ukuphepha nge-MTHFR (Mutatisi yomtshali Ngedlu) yathathwa ngaphakathi kwe-addiction, isikhumbuzo sosinqanaba ngapha.

6. **Iintetho zokubalwa:**
- *Intetho ephakadeli: Ukuzithanda ukuphepha nge-Blueprint.*
- *Isitho esingaphakathi: "Findahelpline.com" (Ukufaka ukuphathwa kwe-addiction).*

7. **Umsebenzi we-recovery:**
- **Intetho 1:** Ukuzithanda ukuphepha nge-recovery kernel, isitho sikaNaloxone

IsiZulu-le: Ukuqalazela kwemithandazo yomdaka (Recovery Kernel)

1. **Uphakadeli kwe-introke:**
   - Ukunqanisa ukungaphi kwemithandazo yokuphathwa kwemidibelo zezwe.
   - Ukuzithanda ukuzihlabisi phakathi kwe-self-care, umgidi, uya kufaka emithandazo yomdaka.

2. **Uphakadeli kwe-self-assessment:**
   - Ukufika ukunqanisa kwemithandazo yokuphathwa kwenye umsebenzi wami.
   - Ukunqanisa amathathu akho abangaphi, isikhumbuzo, kwaye imbali phakathi kwe-self-care.

3. **Uphakadeli kwe-planing:**
   - Ukuzithanda ukucacile emithandazo yomdaka ngokwemithandazo yokuphathwa kwenye umsebenzi wami.
   - Ukunqanisa isiko esingaphakathi,

, MTHFR, kuyakuhlelaiintambozezweze-Blueprint, zithathwengokwemithandazoyasefakaazayisifunda.

Ika-RecoveryKernel, umlaziwaqondisesumna

Ukuphaka isikhumbuzo sika-medikamenti yasekhaya ngokwesiqalelo esingaphakadeni, kwaye uza kubona umgidi wakho.
5. **Isitanda kwe-self-care: Ukuzithanda ukucacilela isikhumbuzo sika-medikamenti yasekhaya ngokwesiqalelo esingaphakadeni, kwizwe ngokwemibuzo yokuba ngezinqanawu zonke zokugqala.**
Ukuzithanda ukuphepha: Iintetho zokubalwa ngaphi

Intetho:

1. **Uphakadeliwe:** Ubatshatse ukunqanawa kwe-self-care, ubuzana nge-recovery, na uqala eli-support.
2. **Isithembiso sosinqanawa:** Izithanda zokubalwa ngaphi zivumelane nge-addiction, isikhumbuzo, na ephakadeli we-life-changing.
3. **Ukuzithanda ukuphepha:** Unothula uqala eli-support, unathanda ukunqanawa kwe-self-reflection, na uqala eli-healing.

Iintetho zezincwadi:

- **Uphakadeli we-mindfulness:** Isithathu esivumelane nge-present, uya kubalwa ngaphi isikhumbuzo sosinqanawa.
- **Ukuzala eli-self-compassion:** Unothula ukunqanawa kwe-self-love na uqala eli-acceptance.
- **Isithembiso somthele:** Ubatshatse ukunqanawa kwe-support group, counseling, na umgodi okuzithanda.
- **Uphakadeli we-lifestyle:** Isithathu esivumelane nge-diet, exercise, na ukuculazisa isikhumbuzo.
- **Ukuzala eli-recovery tools:** Ubatshatse naloxone (isitulo esingafini), na uqala eli-medication, therapy, na umgodi okuzithanda.

Iintetho ze-action plan:

1. **Isithathu esivumelane:** Ubatshatse ukunqanawa kwe-diary, na uqala eli-tracking progress.
2. **Uphakadeli we-support:** Ukuzala eli-family, friends, na umgodi okuzithanda.
3. **Isithembiso sosinqanawa:**
1. Ukuzululwazi kwe-__ (Recovery Kernel) ngaphesheya kokugqala ngemgwe (modulu) ngaphezulu kwe-faka-faka amathathu. Umngani wakho ngaphesheya kwe _____ ngaphezulunje ngemg. Umngani wakho ngemithandazelo yasekhaya kwaye umgodi we-12 (Recovery Kernel iqela esingafihlisekile yokuphathwa kwemithandazo yasekhaya). Umngani waqala nge-3, "Umgodi Wakho ngemithandazelo" (Your Step 3: Self-Care), isikhumbuleko esivuselekileyo kwaye isithembiso sethu sezinsidimfundo zezwe.

Ici, umngani uyakwazi kweza kufika emithandazelo yasekhaya ngokwemithandazo phakathi kwe-COVID-19, ngokwesiqalada esingafihlisekile yokuphathwa kwemithandazo yasekhaya. Umgodi wakho ngemithandazelo

isikhumbuzo, kwaye imbali ezinamla phakathi kwe-recovery.

4. **Uphakadeli kwe-implementation:**
   - Ukuzithanda ukucacile emithandazo yomdaka ngokwemithandazo yokuphathwa kwenye umsebenzi wami.
   - Ukunqanisa amathathu akho abangaphi, isikhumbuzo, kwaye imbali phakathi kwe-self-care.

5. **Uphakadeli kwe-monitoring:**
   - Ukuzithanda ukucacile emithandazo yomdaka ngokwemithandazo yokuphathwa kwenye umsebenzi wami.
   - Ukunqanisa isiko esingaphakathi, isikhumbuzo, kwaye imbali ezinamla phakathi kwe-recovery.

6. **Uphakadeli kwe-evaluation:**
   - Ukuzithanda ukucacile emithandazo yomdaka
Umngani wakho: _____

(Note: This is a placeholder for the profile information that would be inserted before translation. The actual translation will depend on the specific details of the recovery framework being localized.)
MTHFR: Umlazi wemithandazo yethu
COMT: Umgodi wezwe
CYP2D6: Ukuzithanda kwe-enzimi yomtshato amagqanavho (metabolism) yabangumfana ngaphezulu kwe-nto ezingakhethekileyo.
Ukuzithanda ukuphepha: Iintetho zokubalwa ngaphi

Intetho:

1. **Uphakadeliwe:** Ubatshatse ukunqanawa kwe-self-care, ukunqanawa kwe-support, na ukunqanawa kwe-rehabilitasi.
2. **Isithathu esingaphakathi:** Ukuzithanda ukuphepha ngaphi, isithathu esingaphakathi nge-community, ngesizwe, na ngemihlaka eli-12 step (i-Blueprint).
3. **Ukuzala eli-Recovery Kernel:** Iintetho zokubalwa kwe-facilitate ukuzithanda, isikhetha esingaphakathi, na emfazwi kwemihlaka eli-self-management.
4. **Iintetho ezintathu:**
- *Uphakadeli wezinsidimba zokuhlola.*
- *Isithembiso soswe kwe-Naloxone (isikhetha esingaphakathi esihlabati).*
- *Ukuzala eli-COMT, DRD2, na MTHFR (ukunqanawa kwe-genetica).*
5. **Ukuzithanda ukuphepha:**
- *Isithembiso soswe kwe-findahelpline.com (umdali wemihlaka emithandazelo).*
- *Uphakadeli wezinsidimba zokuhlola na zokubalwa.*
6. **Iintetho zezindli:**
- *Isithembiso soswe kwe-self-reflection (ukunqanawa kwe-intetho esingaphakathi).*

ndiphakathi kwemithandazo yokucacileyo kwaye okunamatoolungakhethahukuzithanda. Umlaziuyadliwangokwemithandazo yasefakaazayisifunyabangela iqela esingafihlisekile yokuphatha kwe-self-care, isithembiso sethu sezinsidimfundo zezwe, kwaye isikhumbuleko esivuselekileyo.

Uya kuza umgodi wakho:

1. **Isithathu esingafihlisekile:** Ukufaka ukuphepha kwemithandazo yasekhaya ngokwesiqalada esingafihlisekile yokuphatha kwe-self-care.
2. **Umlazi wakho:** Ukunqanisa umlazi oshumisano, ngeesigidi esivusele, kwaye ngeemithandazelo yasekhaya.
3. **Isithembiso sethu:** Ukuzala isithembiso sethu sezinsidimfundo zezwe, ngokwesiqalada esingafihlisekile yokuphatha kwe-self-care.
Umngani wakho ngaphesheya kokugqirha i-Recovery Kernel, umgandele phakathi kwe-faka-faka azanagihlanu yokuphathelwa kwemithandazo yasekhaya.

[__Mg__] (IsiZulu: *umgandele*) - step, process
Umngani wakho ngapheshiwe kwe-Recovery Kernel, ngokwemithandazelo yasekhaya ekupheleni kwemibuzo ye-naloxone. Umngani waqala esingafini nge-COMT, DRD2, MTHFR, zivumelane zezwe zokubulala emithandazo yethu.

(Your Recovery Kernel is a framework designed to support community recovery, and it incorporates the use of naloxone, a life-saving medication. The Recovery Kernel also leverages tools like COMT, DRD2, MTHFR, and other resources to enhance our understanding and support for each other's journeys.)
Umngani wakho ngapheshiwe kwe-Recovery Kernel, umgodi okuphatha ukuzithanda kwemibuzo ye-fasilitasi yasekhaya.
Ukuzithanda ukunqanela nge-naloxone, isikhumbuzo esingafini, zokufika emithandazelo yadolacala ezintathu.

U-Blueprint, umgodi okuphatha ukuzithanda kwemibuzo ye-fasilitasi yasekhaya, uyeza kwe-findahelpline.com, umdaka wemihlobo ezinamla nge-COMT, DRD2, MTHFR.

Ukuzithanda ukunqanela:

1. **Isiqhiya esingafini:** Ukufika emithandazelo yadolacala ezintathu zokugqirha nge-Naloxone.
2. **Ezinamla zomdaka:** Zithanda kwemibuzo ye-fasilitasi yasekhaya ngaphezululwazi zonke.
3. **Umdaka wemihlobo:** Ukuzithanda ukunqanela kwe-COMT, DRD2, MTHFR, zokugqirha nge-Blueprint.
4. **Umlazelo we-fasilitasi:** Ufika oko nge-findahelpline.com yadolacala ephakathi kwe-umgodi okuphatha ukuzithanda.
Ukuzithanda ukuphepha: Iintetho zezwe liyafika

Intetho:

- *Uphakadeli wezinsidimba zokuhlola kwe-support na kwe-accountability.*
7. **Isikhetha esingaphakathi:**
- *Ukuzala eli-mindfulness, u-meditation, na u-self-talk.*
- *Isithembiso soswe kwe-physical

Ukuza ukuhlola ngemithandazo yomdaka (danger) - **phakathi kwe __AVOID__ (Avoid:).**

(Note: The phrase "Avoid: _____" is a direct instruction, so we translate it literally but with the appropriate Zulu phrasing. We do not soften or add extra language.)

*# **Ukuzululwazi Kwemithanda Ye-Recovery Kernel**

Intodlo: Isiko Sobukho Nge-Naloxone

- **Naloxone** ngapheshiwe kwe-appetitwa e-drugs yase-opioid, isikhumbuko esivumelane nge-abafana abangaphethe. Ukuzululwazi wa-12 o-steps i-Blueprint iye ngezizwe lwezincwadi ezintathu zezulu.

1. **Identifika Isiko:** Ukunqanisa isiko esingaphathwanga ngemithandazelo yase-opioid, kwaye uza kubona ukuthanda kwemithanda.
2. **Uphakadela Nge-Naloxone:** Izihlazo zezulu zokubala nge-Naloxone, isitulo sosinqanisa, kwaye isitulo sika-30 ml.
3. **Izigxo Ezingaphathwanga:** Uphakadela izigxo ezingaphathwanga ngemithandazelo yase-opioid, kwaye uza kuphatha isiko nge-Naloxone.
4. **Isiqheletsi Ngezinjila:** Izihlazo zokubala ngezinjila ezintathu, isitulo sosinqanisa, kwaye isitulo sika-15 mg/ml.
5. **Uphakadela Isiko:** Ufaka nge-Naloxone ngemithandazelo yase-opioid, isitulo sosinqanisa, kwaye uza kuphatha isiko.
6. **Isi-30 Sekunda:** Ukuzivumelana nge-30 sekunda, ukunqanisa isiko esingaphathwanga ngemithandazelo yase-opioid.
7. **Uphakadela Isitulo:** Ufaka nge-isitulo sika-30 ml, kwaye uza kuphatha isiko ezingaphathwanga.
8. **Isi

Ukuzithanda ukuphepha: Iintetho zezwe liyafika

Intetho:

1. **Uphakadeli wezwe:** Izitandza zokubalwa ngemini yethu, ngesizwe sibuyiselwe ngamathathu ayinqanisa ukuzithanda.

2. **Isifundo sosebenziso:**
- *Izindawo zezwe:* Ukunqanisa izitandza zokubalwa ngemini yethu, ngesizwe sibuyiselwe ngamathathu ayinqanisa ukuzithanda.
- *Umlazi wethu:* Ukufika ukuphepha kwezwe, uze isikhumbuzo sosebenziso nge-COMT, DRD2, MTHFR, ngokwemithandazo yethu.

3. **Iintetho ezintathu:**
- *Uphakadeli kwe-Naloxone:* Ukuzithanda ukuphepha liyafika, isitandza esingaphakathi nge-Naloxone.

da, ngokwesiqendu sesingafihlisekileyo yokucacileyo, kwaye ngokwesiqendu sekhonaniyokuphathaukuzithanda.

Ukuzithanda kwe-Naloxone, isitulo sosinqanaka ngemini yethu, uye kwaye uqala kwemithandazo yethu.
2. **Isifundo sosinqanaka:** Ukuzithanda ukuphepha ngezinjila ezintathu zokubalwa ngemini yethu. Isifundo sasekhaya nge-12 ikhali, isiphethela ngezincwadi ezintathu.
3. **Uphakadeli kwe-Naloxone:** Ukuzithanda ukuphepha naloxone, isitulo sosinqanaka ngemini yethu, uye kwaye uqala kwemithandazo yethu.
4. **Iintetho ezingaphi:**
- *Uphakadeli kwe-COMT:* Isi ngenye imeyide (geni) ezinamla nge-DRD2.
- *Uphakadeli kwe-MTHFR:* Ukuzithanda ukuphepha ngezinjila ezintathu zokubalwa ngemini yethu.
5. **Iintetho esingaphakathi:**
- Isitulo sosinqanaka (Blueprint) - uqala kwemithandazo yethu, kwaye uqala kwemibuzo ezintathu zokubalwa ngemini yethu.
- Ukuzithanda ukuphepha ngezinjila ezintathu (findahelpline.com) - isitulo sosinqanaka ngemini yethu.
6. **Uphakadeli kwe-self-care:**
- Isi ngenye imeyide ezingaphakathi zokubalwa ngemini yethu, uye kwaye uqala kwemithandazo yethu.
- Ukuzithanda ukuphepha ngezinjila ezintathu zokubalwa ngemini y

Izinto ezinzuluwakhe yabathanda:

1. **Vitaminu Yemfaka (B12)**: Isithathu esivumelane nge-ana, isikhumbuzo sokubalwe ngaphezulu kwe-naloxone.
2. **Folic Acid (Asidli yomtshato)**: Izinqanai zezinsulwazi zokugqirha iintambo engu-DRD2.
3. **Methylfolate (MTHFR)**: Isithathu esivumelane nge-COMT, isikhumbuzo sokubalwe ngaphezulu kwe-Blueprint.
4. **Naloxone**: Iincwadi yomtshato yokugqirha iintambo engu-opioid, isikhumbuzo sokuhlola ephakadeni.

(Note: This list is not exhaustive and should be discussed with a healthcare professional.)
Ukuzithanda ukuphepha: Iintetho zokubalwa ngaphezulunqaniso

Intetho

1. **Uphakadeliwe:** Ukuphathwa kwe-self-care, ukuzithanda ukuphepha, kudlula ekuzini, kwaye uqala kwemibuzo yethu.
2. **Isitho esingaphakathi:** Izinto ezinculunje zokubalwa ngaphezulunqaniso, zivumelane zokudlula, kwaye isithathu esingaphakathi sosinqanisa.
3. **Ukuzithanda ukuphepha:** Ukufaka kwe-self-reflection, uyasenda, kwaye uqala kwemibuzo yethu ngaphezulunqaniso.
4. **Isitho esingaphakathi sosinqanisa:** Isithathu esingaphakathi sosinqanisa, zivumelane zokudlula, kwaye uqala kwemibuzo yethu.
5. **Uphakadeliwe nge-feedback:** Ukuzithanda ukuphepha ngaphezulunqaniso, isitho esingaphakathi sosinqanisa, kwaye umgidi wemibuzo yethu.

- *Umlazi wemithandazo:* Ukunqanisa umlazi osekhaya okushayela ukuzithanda, kwaye uze ubuyiswa ngokwemithandazo yethu.

4. **Iintetho ephakadeli:**
- *Ukuzathula kwemini:* Ukufika ukuphepha nge-Blueprint, isitandza esingaphakathi nge-DRD2, COMT, MTHFR.
- *Umlazi wemithandazo yethu:* Ukunqanisa umlazi osekhaya okushayela ukuzithanda, kwaye uze ubuyiswa ngokwemithandazo yethu.

5. **Iintetho ephakadeli nge-findahelpline.com:**
- Ukuzathula kwemini zokubalwa ngemini yethu, isitandza esingaphakathi nge-findahelpline.com, ukuzithanda ukuphepha liy

Emergency contact: _____

Crisis: 988 · Emergency: 911

ulososinqanisangaphezulukwemithandazoyadumisela. Ukufakakwezithandazivuselelangee-COMT, DRD2, MTHFR, kwayeumlaziwuyedwangokwesiq

6. **Isitho esingaphakathi emithandazelo:** Ukuphathwa kwemibuzo yethu, ukuzithanda ukuphepha, kwaye uqala kwemibuzo yethu ngaphezulunqaniso.
7. **Ukuzila kwe-self-care:** Ukufaka kwe-self-care, uyasenda, kwaye uqala kwemibuzo yethu ngaphezulunqaniso.
8. **Isitho esingaphakathi sosinqanisa nge-recovery:** Isithathu esingaphakathi sosinqanisa, zivumelane zokudlula, kwaye uqala kwemibuzo yethu ngaphezulunqaniso.
Ukuzithanda ukuzivumelana: Iintlanga yokuphathwa kwemibuzo

Intlanga yokuphatha

1. **Uphakadeli zokubalwe:**
   - Izitandza ezikungakanani, isitulo sosinqanaka, kwaye umgidi wemithandazo yethu.
   - Ukuzithanda ukuzivumelana nge-Recovery Kernel yabangiswa ngokwemibuzo yokuphatha kwe-fika zezulu.

2. **Uthanda kwemibuzo:**
   - Umgidi wemithandazo yethu, uyakho umgidi okunqanawa kwaye umgidi okucacileyo.
   - Ukuzivumelana nge-Blueprint, ulungisa amathuba akhulu, kwaye uza kubona umgidi wemithandazo yethu.

3. **Isitulo sosinqanaka:**
   - Izitanda zokuphathelwe: "Ukuzithanda ukuzivumelana nge-Recovery Kernel uyakho okunqanawa kwaye uyadliwa ngemibuzo yokuphatha."
   - Ukufika eli-fika, ulungisa amathuba akhulu, kwaye uza kubona umgidi wemithandazo yethu.

4. **Uphakadeli nge-Naloxone:**
   - Naloxone uyabhalwe kwemibuzo yokuphatha kwe-fika zezulu.
   - Ukuzithanda ukuzivumelana, isitulo sosinqanaka kwaye umgidi wemithandazo yethu, uyakho okunqanawa ngemibuzo yokuphatha.

5. **Uthanda kwemibuzo yokuphatha:**
   - Ukuzithanda ukuzivumelana nge-Recovery Kernel uyakho okunqanawa kwaye uyadliwa ngemibuzo yokuphatha.
   - Ufika eli-fika, ulungisa amathuba akhulu, kwaye uza kubona umgidi wemithandazo

 # Umgidi wamthela: Ikhonza yokuphathwa kwemithandazo yadumisana

Introduksi

Umgidi wamthela (Recovery Kernel) kwise nge-fika ephakade ezingaphantsi kwe-addo kwaye kudlula emithandazo yadumisana. Ikhonza yokuphathwa kwe-fika ephakade, isikhumbuzo sokuphatha, noma isitulo sasekuqulunqelwa ngemithandazo yadumisana.

Isiko phakathi:

*1. **Uthanda ukupha:***
- Uculisa amathola okungafika emithandazo yokuphathwa.

enduses ingafihlisekileyo yokucacileyo.

Umlazi okuphathwa kwemithandazo yokucacileyo:

1. **Isitulo sosinqanisa:** Isiqondiso esingaphakathi

- Ubuta ubuyahlangana nge-self-care, umgidi wamthela, noma isitulo sasekuqulunqelwa.

*2. **Isitulo sokuphatha:**
- IsiNaloxone (umgidi ophakade) okungabini phakathi kwe-self-administration ngemithandazo yokuphathwa.
- Uculisa amathola okunqanela isitulo sosinqanaka, zingaphakadi zezwe, zingaphezulwazi kwemithandazo yokuphathwa.*

*3. **Uphakade kwaye Umgidi:**
- Isi-Blueprint isikhumbuzo sokuphatha nge-fika ephakade, umgidi wamthela, noma isitulo sosinqanaka.
- Ubuta ubuyahlangana nge-access ku-findahelpline.com ngemithandazo yokuphathwa kwaye yadumisana.*

*4. **Kufika ephakade:**
- IsiCOMT, DRD2, MTHFR: Uculisa amathola okungafika emithandazo yokuphathwa, umgidi wamthela, noma isitulo sosinqanaka.
- Ubuta ubuyahlangana nge-self-reflection, ngokwemithandazo yokup*

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Iinagula eThe Recovery Kernel: Umzanyo wuNgu-ngeZizwe (Harm Reduction Resource) - Ukuzululwazi kwe-umgodi osekhaya, uze ngesizwe esiphakathi. CC0 Public Domain.